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# Developing Self-Esteem: How To Overcome Fear And Anxiety And Regain Confidence - Self Help For Low Self Esteem



## Synopsis

A Practical Guide to Improving Self-Esteem and Confidence Self-esteem is one of the essential elements of humanity that determines every aspect of your life including thoughts, happiness, performance and behavior. Self-esteem enables you to have confidence and to cope with the challenges of life. With the feeling of liking and respecting yourself, healthy self-esteem is the foundation for happiness and success. "Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence" offers you answers to improving self-image, achieving greater success, and enjoying your lives to the fullest. In this comprehensive and practical guide to improving self-esteem and confidence, social psychologist Alexandra Strong covers everything from understanding self-esteem and the theories concerning it, through thorough explanations of all the components of low and high self-esteem both, to detailed practical guides helping you accurately determine your own self-esteem, improve it, and build a stronger one. Self-esteem shapes who we are, how we interact with other people, and how we chart the course of our lives, and "Developing Self-Esteem" provides you with essential strategies and tools to overcome fear and anxiety, regain confidence, and live a happy life. You will learn essentials on self-esteem including:

- Understanding Self-Esteem
- Self-Esteem Theories
- Characteristics of Low Self-Esteem
- Characteristics of High Self-Esteem
- Building Self-Esteem
- Life Skills
- Healthy Lifestyle
- Healthy Relationships
- Seeking Professional Help

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## Customer Reviews

I always wanted someone beside me to help me, motivate my self-esteem whenever there was a milestone in my life to achieve. But everyone cannot be around always to boost us and hence I started losing my self-confidence and hence I lost few of my important achievements in life. I was shattered, depressed and wanted to become confident. I started browsing internet for some books which can act as a long termed best friend and then I found this book self-esteem. The book had a detailed table of contents segregating each topic of the book precisely. It made me understand the concept of inner eye, inner self very well. As I was proceeding I was feeling relaxed, contented and happy that this book was making me feel confident. Something which I liked the most was the theories; the Abraham Maslow's theory of Human motivation was the best one which inspired me the most. This book also helped me established my different mood swing like Anger, Frustration, Depression, Anxiety. It helped me understand these emotions in better way and helped me express all of these in better way to avoid negative critical thoughts about yourself. I then started feeling confident and gained trust in myself that I can perform, achieve and be happening always without being worried what if I am correct at every moment in my life. I started taking the 'State Self esteem test' mentioned in the book. That largely helped me find my positives and stay connected to those positive regularly. With time, I was improved from a weak, confused person to confident person who could perform the task, who could set targets and achieve goals. I have improved my life since then and this book has become my motivational friend, whenever I feel low and need focus and motivation I turn down to spend some time with this book. Reading this book again and again brings back my confidence and directs me towards my goals.

It is a smooth read and that's you'll fly through! I am a small business owner from the midwest and it takes a lot of confidence to put yourself out there with the slow market in my area. Even with the thick skin from criticism you'll get in my position, this book will open your mind to stuff you never put into thought but you had an idea was a thing like: your inner eye, improving by becoming the things you like in other people and understanding the difference between explicit, implicit, narcissism and egotism. In my younger day, I had taken some courses in psychology and sociology and this touches the basics like Maslow's hierarchy of needs and types of self-esteem (adaptive, competence-based and defensive) but this book also goes into ideas we didn't touch on like the sociometer theory of self-esteem. There is a particularly large section on building your

self-esteem and that is a huge positive on finding out more about yourself and gauge how you evaluate and carry yourself and how you can improve that process. Whether you are looking for help in this specific subject or just want something supplementary in your reading diet, this will be a great read!

I have read several self-help books regarding self esteem and anxiety, but I can say with certainty that Alexandra Strong's is by far one of the best that I have come across so far. The book is comprehensive, informative and insightful, yet not in a way where it seems too dense to be understood or to the point that it bores the reader; the information is laid out in a conversational, easy-to-understand manner, which is one of the main reasons of why I enjoyed 'Developing Self-Esteem' so much.

I struggled with self-esteem, and this book helped a lot in understanding and boosting my self-esteem. Alexandra Strong creates a compelling and well-written book with full of information and insights on self-esteem. It covers a lot of the values and lifestyles that affects one's self esteem. It is highly recommended because it is really helpful.

This is a very informative and interesting book. There are many people who are struggling with self-esteem and confidence. I hope this book can help them to improve more confidence and self-esteem. The author explains everything how to improve our self-esteem and confidence easily. Really, this is a very powerful book.

Comprehensive information on understanding and improving self-esteem. Well-written and organized. Great read for most people.

This book has a lot of valuable information to help improve your self-esteem. Well written

Pretty good book with practical steps to building and improving self-esteem. Well written.

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