



Beat Low Self-Esteem with CBT: Teach Yourself

By Christine Wilding, Stephen Palmer

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Beat Low Self-Esteem with CBT: Teach Yourself, Christine Wilding, Stephen Palmer, Is this the right book for me? Beat Low Self-Esteem with CBT will give you the skills you need to overcome a lack of self-esteem, making it easier for you to deal with tough times and leaving you a happier and more confident person. A complete program for changing your self-image, it takes you step-by-step through every aspect of confidence, with exercises to accompany each stage and short-term 'personal assignments' that will give you long-term benefits and lasting results. Beat Low Self-Esteem with CBT includes: Chapter 1: Great self-esteem: what is it? What is self-esteem? Childhood origins Adulthood: time to tackle low self-esteem Introducing your Personal Fault Finder The importance of risk taking The consequences of low self-esteem Introducing self-acceptance Your personal view of yourself Goal setting Chapter 2: Thinking your way out of low self-esteem Identifying the problem The different levels of thinking Beliefs versus facts Negative thoughts, assumptions and beliefs Rules for living The role of emotion in low self-esteem Self-defeating behaviour Replacing self-defeating thoughts Tackling negative beliefs Bringing your positive qualities into focus Chapter 3:...



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