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Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem

By Matthew McKay PhD, Patrick Fanning



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If you struggle with low self-esteem, or you're seeking positive and effective ways of building a healthy sense of self-worth, this much-anticipated fourth edition of the best-selling classic by Matthew McKay is your go-to guide. This fully revised edition features an innovative application of acceptance and commitment therapy (ACT) to self-esteem, and utilizes updated cognitive behavioral therapy (CBT) to help you create positive change and thrive.

Circumstances and status can affect self-esteem—many factors can contribute to the way we see ourselves—but the one contributing factor that all people who struggle with low self-esteem have in common is our thoughts. Of course we all have a better chance of feeling good about ourselves when things are going well, but it's really our *interpretation* of our circumstances that can cause trouble, regardless of what they are.

This revised and updated fourth edition of the best-selling *Self-Esteem* uses proven-effective methods of CBT and relevant components of ACT to help you raise low self-esteem by working on the way you interpret your life. You'll learn how to differentiate between healthy and unhealthy self-esteem, how to uncover and analyze negative self-statements, and how to create new, more objective and positive self-statements to support your self-esteem rather than undermine it. And with cutting-edge material on defusion and values, you'll learn to let go of judgmental, self-attacking thoughts and act in accordance with what matters to you most, enhancing your sense of self-worth.

If you struggle with low or unhealthy self-esteem, this new edition of *Self-Esteem*, packed with evidence-based tips and techniques, has everything you need to improve the way you see yourself for better overall well-being.



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Editorial Review

Review

“McKay and Fanning recognize the complexity of the human tendency toward self-criticism. Their carefully written, cognitively oriented self-help book wisely avoids simplistic solutions, offering instead a systematic approach to self-esteem development.”

—**Robert E. Alberti, PhD**, author of *Your Perfect Right*

“Positive self-esteem is the centerpiece of a healthy personality. McKay and Fanning’s book offers us a valuable storehouse of tactics and strategies for constructing—or renovating—the foundation of our self-esteem.”

—**Philip G. Zimbardo, PhD**, author of *Shyness*

“*Self-Esteem* is truly a very special title. Good writing is especially necessary for self-help titles. ... I feel a special enthusiasm in bringing it to the notice of our audience.”

—**The Midwest Book Review**

About the Author

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, *Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. He has also penned two novels, *Us* and *The Wawona Hotel*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

Patrick Fanning is a professional writer in the mental health field. He has authored and coauthored eighteen self-help books, including *Self-Esteem*, *Thoughts and Feelings*, *Couple Skills*, and *Mind and Emotions*.

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Angelina Rone:

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