

# SELF-ESTEEM - USEFUL RESOURCES

[http://www.tutorialspoint.com/self\\_esteem/self\\_esteem\\_useful\\_resources.htm](http://www.tutorialspoint.com/self_esteem/self_esteem_useful_resources.htm)

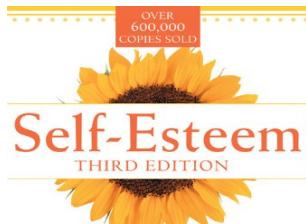
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The following resources contain additional information on Self-Esteem. Please use them to get more in-depth knowledge on this topic.

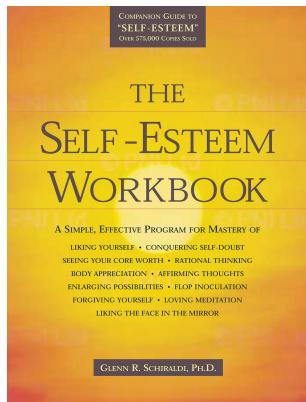
## Useful Links on Self-Esteem

- [Self-Esteem Wiki](#) - Wikipedia reference for Self-Esteem.

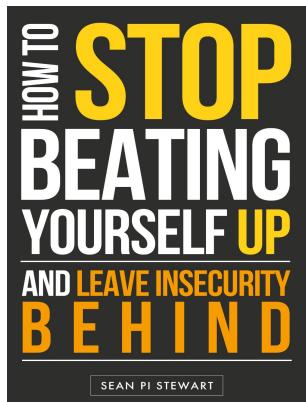
## Useful Books on Self-Esteem



- **Self-Esteem**  
A proven program  
of cognitive techniques  
for assessing, improving  
& maintaining your  
self-esteem  
MATTHEW MCKAY, PH.D.  
PATRICK FANNING



- **THE SELF-ESTEEM WORKBOOK**  
A SIMPLE, EFFECTIVE PROGRAM FOR MASTERY OF  
LIKING YOURSELF • CONQUERING SELF-DOUBT  
SEEING YOUR CORE WORTH • RATIONAL THINKING  
BODY APPRECIATION • AFFIRMING THOUGHTS  
ENLARGING POSSIBILITIES • FLOP INOCULATION  
FORGIVING YOURSELF • LOVING MEDITATION  
LIKING THE FACE IN THE MIRROR  
GLENN R. SCHIRALDI, Ph.D.



# SELF-ESTEEM

A 10 Step Guide to Eliminate Self-Defeating Contemplations, Low Self-Esteem and a Self-Doubt State of Mind by Learning to Gain Confidence



SEAN PARKER

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With a New Introduction by the Author

## TEN DAYS TO SELF-ESTEEM

IN 10 EXCITING STEPS YOU WILL LEARN HOW TO:

DEFEAT DEPRESSION

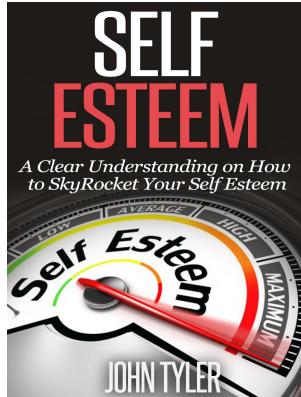
DEVELOP SELF-ESTEEM

DISCOVER THE SECRETS OF JOY IN DAILY LIVING

David D. Burns, M.D.

Author of *Feeling Good: The New Mood Therapy*,  
the breakthrough 3-million-copy bestseller

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