



# The Self-Esteem Workbook

*Glenn R. Schiraldi*

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# The Self-Esteem Workbook

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## **The Self-Esteem Workbook** Glenn R. Schiraldi

This classic is still the most comprehensive guide on the subject and the only book that offers proven cognitive techniques for talking back to your self-critical voice.

Learn step-by-step techniques to help you:

- Handle your mistakes and respond well to criticism
- Foster compassion for yourself and others
- Set up and achieve goals that will enrich your life
- Use visualization for self-acceptance

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