

"THE FATHER OF THE CONCEPT OF SELF-ESTEEM HAS
WRITTEN HIS MASTERPIECE."

—Warren Bennis, Ph.D., author of *On Becoming a Leader*

NATHANIEL BRANDEN

bestselling author of *THE PSYCHOLOGY OF SELF-ESTEEM*

SIX THE PILLARS OF SELF-ESTEEM

The Definitive Work on
Self-Esteem by the Leading
Pioneer in the Field

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Resumo de Six Pillars of Self-Esteem

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic.

Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem.

The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars-six action-based practices for daily living that provide the foundation for self-esteem-and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large.

The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why-in today's chaotic and competitive world-self-esteem is fundamental to our personal and professional power.

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