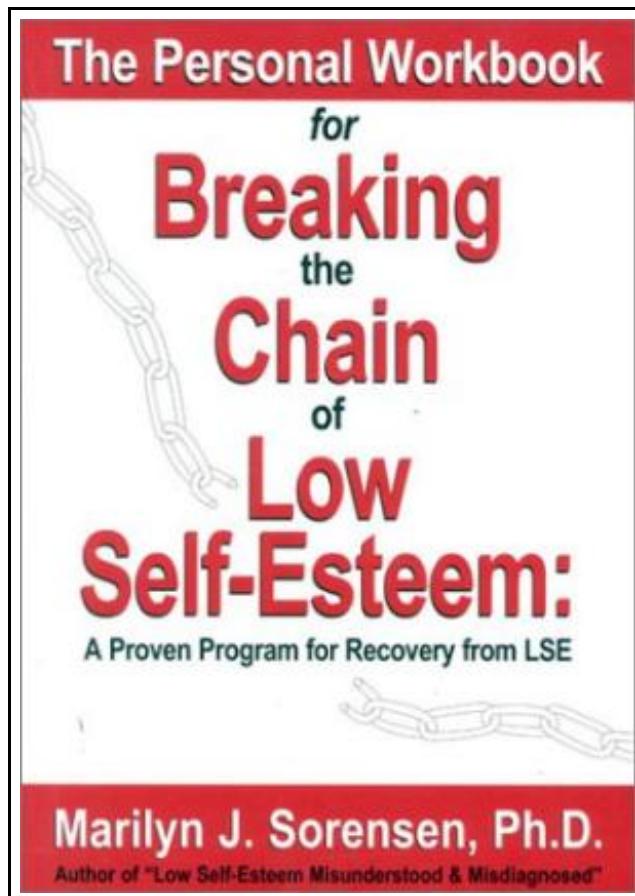


The Personal Workbook for Breaking the Chain of Low Self-Esteem: A Proven Program of Recovery from Lse



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(Lavina Torp)

THE PERSONAL WORKBOOK FOR BREAKING THE CHAIN OF LOW SELF-ESTEEM: A PROVEN PROGRAM OF RECOVERY FROM LSE

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Wolf Publishing Company (OR). Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 10.0in. x 7.1in. x 1.0in. The Personal Workbook is a companion to Breaking the Chain of Low Self-Esteem and is intended for use with a copy of the book. In her first book, Breaking the Chain of Low Self-Esteem, Dr. Sorensen revealed startling new insights into the inner experience of those who suffer from low self-esteem (LSE). For these insights and her groundbreaking work, she has received high praise from readers and mental health professionals alike. Now in response to numerous requests for more information about her successful recovery program, she presents this workbook as a guide for overcoming LSE. As is typical of all her work, The Personal Workbook quickly zooms in on the core issues of low self-esteem, guiding readers to understand their inner experience and validating their feelings. At the same time, Dr. Sorensen teaches LSE sufferers to recognize, dismantle, and alter the distorted and irrational thinking process that drives them to perform self-defeating behaviors and that prevents them from developing new skills. This workbook will guide you to: -Discover how your low self-esteem (LSE) was formed and who was responsible. -Understand the inner experience of LSE and how it plays out in your life. -Recognize the ways in which your irrational thinking creates your negative feelings. -Learn how to dismantle the distorted negative self-talk that is the conduit through which your LSE is maintained. -Develop control over your thinking so that it is based entirely on fact, truth, and history. -Alter your self-defeating behaviors as you take control of your thinking. -Establish a new and more positive way of viewing yourself and those around you. -Relish in the opportunities and challenges that come your way. -Set goals with the expectation of achieving them. -Build healthy...



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