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The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths

Matthew McKay PhD, Patrick Fanning, Carole Honeychurch, Catharine Sutker

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Self-esteem is an important part of leading a happy, fulfilling life. How we feel about ourselves affects every aspect of our lives, from the way we function at work, in love, and in sex, to the way we parent, to what we strive to achieve.

The Self-Esteem Companion is a step-by-step guide filled with straightforward and effective techniques to help you dramatically improve the way you think and feel about yourself. From the authors of the best-selling Self-Esteem, which has sold more than 700,000 copies, this collection of simple exercises will help you talk back to your inner critic, realistically assess yourself, and begin to celebrate your personal strengths.

With this step-by-step advice, learn to:

- Break free from negative self-concepts and self-defeating behavior
- Deal with mistakes, “shoulds,” and criticism
- Gain self-acceptance and a sense of competence and belonging
- Understand and overcome your limitations from the past
- Feel more confident in personal and professional relationships

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