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The Many Faces of Self Esteem: The Stepchild of Human Development (Paperback)

By Joanne Salisbury

Joanne Salisbury, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self Esteem has always been the stepchild of human development. We tap dance around all of the problems people have with illness, relationships and communication issues, but it never seems to fall specifically on development of one's self esteem. It is posed as a need for assertiveness, self-improvement, or self-help. It is broken down into having depression, dysfunction, addictions, co-dependency and the like. When all of this is boiled together, it actually comes down to having high or low self-esteem in my opinion. It has always been somewhat taboo to use the word self esteem for very long when identifying an issue of dysfunction. Immediately it is turned into another category as I have mentioned above. I believe the reason for this is because self esteem is actually a scary term. Self Esteem means getting down into the core of your own feelings, which is a very protected area. Some people have suppressed feelings for one reason or another and the thought of unleashing anything that might make us feel out of control for a period is scary. There is also the...



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