

Self-Esteem Resources

Websites

National Association for Self-Esteem: <http://www.self-esteem-nase.org/>

Self-Compassion by Kristin Neff (info, exercises, and meditations): <http://self-compassion.org/>

Self-Esteem computer games (from McGill University):
<http://selfesteemgames.mcgill.ca/>

University of Texas, Austin, page on Self-Esteem:
<http://cmhc.utexas.edu/selfesteem.html>

Books

Born to Win: Transactional Analysis with Gestalt Experiments by James, Muriel and Dorothy Jongeward. Perseus Press, 1996.

Learned Optimism: How to Change Your Mind and Your Life by Martin Seligman. New York: Pocket Books, 1998.

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions by C.K. Germer. New York: Guilford Press, 2009.

Self-Compassion: Stop Beating Yourself Up and Leave Insecurities Behind by Kristen Neff. Harper Collins, 2011

Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving and Maintaining Your Self-Esteem by McKay, Matthew and Patrick Fanning. Oakland, CA: New Harbinger Publications, 2000.

The Self-Esteem Workbook by Glenn Schiraldi. Oakland, CA: New Harbinger Publications, 2001.