

# SELF-ESTEEM

Self-esteem is a combination of thoughts and feelings a person has about themselves, and whether those thoughts are positive or negative.

## DEFINITION

Rosenberg (1958) defined self-esteem as "a positive or negative attitude toward a particular object, namely, the self" (p. 30).

In this definition, self-esteem is an opinion about one's self-worth.

People with a high self-esteem believe they have high self-worth, whereas people with low self-esteem are more cynical regarding their value.

## EXAMPLE

- **High self-esteem:** A person that likes their personality and thinks they are good at tasks they put their mind to has high self-esteem.
- **Low self-esteem:** A person that thinks they have a lot of flaws and can't do things well has low self-esteem.

# Pathways To Lasting Selfesteem

**TD Snyder**



## **Pathways To Lasting Selfesteem:**

## Unveiling the Magic of Words: A Report on "**Pathways To Lasting Selfesteem**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Pathways To Lasting Selfesteem**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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