



Breaking the Chain of Low Self-Esteem

By Marilyn Sorensen

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This is the revised edition of the popular BREAKING THE CHAIN OF LOW SELF-ESTEEM, viewed by many as the Bible of Self-Esteem. The book includes the Sorensen Self-Esteem Test, exercises, and an index. Readers love this easy-to-read book and many have declared it to be the best self-help book they've ever read. Other say it has completely changed their lives. Professionals say it contains startling new insights into low self-esteem. SEL023000

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Editorial Review

Review

". . .This is a book whose essence should be taught in every grammar school. We need to empower ourselves and each other. Our internal beliefs can be altered and we need to become aware of that. Then we can begin to build a foundation of self-worth. This is the best handbook to aid in the architecture of self-esteem." --

"Although the book is written for lay people who suffer from LSE, it could also be a helpful guide for therapists who want to learn about the subject and how it effects their clients. Using uncomplicated language, Sorensen describes the symptoms associated with low self-esteem, such as negative self-talk, fear of inadequacy, unhealthy relationships, and negative reactions to situations that can trigger it. Each chapter describes a different component of the problem and methods for treating it.

Whether the reader is seeking help or simply gathering information, "Breaking the Chain Low Self-Esteem" is a revealing and helpful book." (THE ADVOCATE, newsletter of THE AMERICAN MENTAL HEALTH COUNSELORS'S ASSN.) REVIEW: "First time author, Dr. Marilyn J. Sorensen has come up with a winner in Breaking the Chain of Low Self-Esteem. Not your usual self-help book, this fascinating and powerful edition clarifies how people who suffer from low self-esteem (LSE) think and feel, and why they behave as they do.... -- *SAGE WOMAN MAGAZINE*

"An excellent addition to an adult self-help collection, the book aids in overcoming anxiety, guilt and pain. Beginning with a self-esteem questionnaire, the book offers mechanisms and behavior modification for those seeking to rebuild their lives. . . .Sorensen offers no quick fixes, but provides tips and motivation to get the reader on the way to healthier living." -- *TODAY'S LIBRARIAN*

"Sorensen leads the reader through a complex subject with admirable ease and restraint. She promises no miracle cures. . . Her open, clear approach and plain language cut to the heart of things.. . This is a wise and valuable volume." -- *THE STATESMAN JOURNAL*

About the Author

Marilyn J. Sorensen, Ph.D. is a clinical psychologist and consultant in Portland, Oregon with over 21 years in private practice, specializing in issues of self-esteem and relationships. Dr. Sorensen is also the co-founder of the Northwest Women's Studies Institute which provides workshops, consultation, and training for businesses and the general public. She was honored as a professional in the 1996-97 national directory of Who's Who in Executives and Professionals.

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