

# 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

**CL Gary**



## **Pathways To Lasting Selfesteem:**

## Reviewing **Pathways To Lasting Selfesteem**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Pathways To Lasting Selfesteem**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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