

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

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Pathways To Lasting Selfesteem:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Pathways To Lasting Selfesteem**

In a world inundated with displays and the cacophony of immediate communication, the profound energy and emotional resonance of verbal artistry often disappear in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the musical pages of **Pathways To Lasting Selfesteem**, a captivating perform of fictional brilliance that pulses with organic emotions, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus books readers on a mental odyssey, lightly revealing the latent possible and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect its charming publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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