



# Honoring the Self: Self-Esteem and Personal Transformation

*Nathaniel Branden*

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## **Honoring the Self: Self-Esteem and Personal Transformation** Nathaniel Branden

"Tell me how a person judges his or her self-esteem," says pioneering psychologist Nathaniel Branden, "and I will tell you how that person operates at work, in love, in sex, in parenting, in every important aspect of existence--and how high he or she is likely to rise. The reputation you have with yourself--your self-esteem--is the single most important factor for a fulfilling life."

How to grow in self-confidence and self-respect.

How to nurture self-esteem in children.

How to break free of guilt and fear of others' disapproval.

How to honor the self--the ethics of rational self-interest.

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