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Nota di contenuto	Intro -- Contents -- Foreword -- Introduction -- Part 1: Making Sense of Self-Esteem -- Chapter 1: A Brief History of the Human Race: The Need to Fit In with the Group -- Chapter 2: How the Self Helps Us and Hurts Us -- Chapter 3: Moving from Self-Esteem to Self-Acceptance -- Chapter 4: The Matrix: A Tool for Making Sense of the Self -- Part 2: The Self-Care Starting Point -- Chapter 5: A Few Things That Help Us All: Some Basic Self-Care Principles -- Chapter 6: Introducing Self-Compassion -- Part 3: Six Steps to Self-Acceptance -- Chapter 7: Tuning In -- Chapter 8: Noticing Who Is Noticing -- Chapter 9: Making Room -- Chapter 10: Catching Comparisons: Learning the Art of Self-Acceptance -- Chapter 11: Working Out What Matters -- Chapter 12: Making Bold Moves -- Acknowledgments -- References -- About the Authors.
Sommario/riassunto	When we break free from negative self-talk and embrace a more expansive view of ourselves, there's no limit to what we can accomplish. In The Mindfulness and Acceptance Workbook for Self-Esteem, two internationally renowned acceptance and commitment therapy (ACT) trainers help readers recognize how the self-critical stories they tell themselves can limit who they are. Using the evidence-based, practical skills in this workbook, readers will develop the self-

compassion and self-acceptance they need to lead more fulfilling,
values-based lives.
