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Titolo	Reasonable self-esteem // Richard Keshen
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Descrizione fisica	ix, 203 p
Disciplina	171/.3
Soggetti	Self-esteem Self-perception
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references (p. [193]-199) and index.
Nota di contenuto	Front Matter -- Contents -- Preface -- Acknowledgments -- Reasons for Self-Esteem -- Self-Esteem and the Reasonable Person -- Reflected Reasons -- Competitive Reasons -- Identification Reasons -- Inherent Reasons -- Elements in a Way of Life -- Finding Meaning in Reasonableness -- Egalitarian Respect -- "I Do Not Count for Less..." -- "I Do Not Count for More..." -- Notes -- Bibliography -- Index
Sommario/riassunto	Keshen presents a set of guidelines for analysing self-esteem and examines various factors that influence our self-esteem, such as other people's evaluations, comparisons with others, social relationships, and inherent qualities. He asserts that self-esteem not founded on individual achievement leads to a continual search for external supports and is easily shaken when such supports are not found. A key element of Keshen's argument is the idea of egalitarian respect, and he shows how we can integrate this idea into our lives. Reasonable Self-Esteem demonstrates the attraction of a life in which reasonableness is a central commitment. It will appeal to those with an interest in philosophy, ethics, and moral psychology and is essential reading for those concerned with self-esteem.