Record Nr. UNINA9910811086403321 Autore Mruk Christopher J Titolo Self-esteem research, theory, and practice: toward a positive psychology of self-esteem / / Christopher J. Mruk New York, : Springer Pub., 2006 Pubbl/distr/stampa 1-280-74459-6 **ISBN** 9786610744596 0-8261-0314-6 Edizione [3rd ed.] Descrizione fisica 1 online resource (308 p.) Disciplina 155.2 Self-esteem Soggetti Positive psychology Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di bibliografia Includes bibliographical references and index. Nota di contenuto Cover: TOC Contents: Preface: Acknowledgments: Introduction: CH Chapter 1 The Crucial Issue of Defining Self-Esteem; CH Chapter 2 Self-Esteem Research Problems and Issues; CH Chapter 3 Major Self-Esteem Research Findings; CH Chapter 4 Major Self-Esteem Theories and Programs; CH Chapter 5 A Meaning-Based, Two-Factor Theory of Self-Esteem; CH Chapter 6 A Two-Factor Self-Esteem Enhancement Program; CH Chapter 7 Self-Esteem and Positive Psychology; Appendix: Self-Esteem Enhancement 5-Week Program; References; IDX Index Sommario/riassunto In addition to the sound research findings, theory, and practice information that you have come to depend on with the past two editions, the third edition of Self-Esteem Research, Theory, and Practice brings with it much newly revised and updated information to reflect the changes in the field of self-esteem at large. New key features include: \* New major theories of self-esteem \* New chapter on the new positive psychology \* 150 new references \* Written in a clear, concise

style.