

1. Record Nr.	UNINA9910956893503321
Autore	Mruk Christopher J
Titolo	Self-esteem research, theory, and practice : toward a positive psychology of self-esteem / / Christopher J. Mruk
Pubbl/distr/stampa	New York, : Springer Pub., 2006
ISBN	1-280-74459-6 9786610744596 0-8261-0314-6
Edizione	[3rd ed.]
Descrizione fisica	1 online resource (308 p.)
Disciplina	155.2
Soggetti	Self-esteem Positive psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
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.