



# **Self-Esteem Research, Theory, and Practice: Toward a Positive Psychology of Self-Esteem, Third Edition**

*Christopher J. Mruk PhD*

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## **Self-Esteem Research, Theory, and Practice: Toward a Positive Psychology of Self-Esteem, Third Edition** Christopher J. Mruk PhD

Dr. Mruk has produced a highly readable new edition of his original work on an often misunderstood psychological construct--self-esteem. Mruk's view that self-esteem is a critically important influence on psychological adjustment and quality of life is now an accepted tenet in personality theory. Lack of self-esteem is frequently a precursor to depression, suicidal behavior, and other personality disorders. Nonetheless, the clinical diagnosis of self-esteem problems has lacked the basis of an overarching theory. Dr. Mruk's comprehensive analysis distills the literature on self-esteem into practical and reliable treatment methods for both clinicians and researchers. The new edition contains updated research and current terms, and addresses the self-esteem "backlash." He concludes with worksheets and detailed guidelines for conducting self-esteem building workshops.

Added features include:

- Major theories of self-esteem
- Chapter on the new positive psychology
- 150 new references

Dr. Mruk has developed a writing style that is successfully oriented toward both academic and clinical audiences in the areas of counseling, education, nursing, psychology, and social work, thus providing much-needed information for teachers, students, and practicing clinicians in a clear, concise way.

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