

A Guide to Getting It:

Self-Esteem

A Note from the Editor

Self-esteem is a powerful source of emotional energy that can guide us to accomplish great things and overcome significant obstacles. However, it is sometimes an elusive concept. Is it something we are born with? Is it something we develop and cultivate from our experiences and choices? Or is it both?

My own search for a better understanding of self-esteem led me to a revelation that the variety of definitions for self-esteem parallels that definition- and those seeking that definition. Self-esteem is about self (the individual). Since we are all unique in our individuality, we will also be unique in how we choose to view self-esteem and how that view affects our lives.

The Life and Business coaches who have contributed to this book reinforced that understanding. These chapters offer 12 views about what self-esteem is, how it affects our lives, and what we can do with our awareness of its impact on ourselves, those people dear to us, and the world we touch.

The chapters are organized to flow from chapter to chapter. However, the content is such that you can start with those sections you are most drawn to. Putting the suggestions that are presented into practice will help you change your perspective of who you are and what you want for your life. I highly recommend reading the content more than once, as you will find new nuggets of information each time that you do.

Developing your self-esteem and self-worth is a journey to knowing and appreciating your self better. Strength and confidence come from within. Trust your heart, live your life's dreams, and enjoy your journey!

Marilyn Schwader, Editor