

Life Skills Series: Basic Skills for Lifelong Success

a project of Reentry Essentials

BETTER SELF-ESTEEM

Informative guide teaches readers how to build self-esteem by setting and meeting goals, making their own decisions, communicating assertively, having friends and building social support, improving their skills and knowledge, and more. It also provides groundwork for readers who may be having difficulty with substance abuse or self-control. Fill-in sections, worksheets, and other interactive features make handbooks ideal for ongoing reference. 32 pages, 8 1/2" x 11"

Better Self-Esteem

Guide teaches readers how to build their self-esteem by setting and meeting goals, making their own decisions, communicating assertively, having friends and building social support, and improving their skills and knowledge.

Contents:

- Introduction to self-esteem
 - What is self-esteem?
 - Benefits of high self-esteem
 - Problems related to low self-esteem
- Where you are now
 - Assessing your self-esteem
 - Sources of low self-esteem
 - Self-esteem journal
- Making changes
 - Changing how you feel
 - Negative and positive self-views
 - Strengths and weaknesses
- Taking action to help improve self-esteem
 - Silencing your inner critic
 - Communicating assertively
 - Improving skills and knowledge
 - Doing good things for yourself
 - Building a circle of support
 - Setting goals
 - Seeking professional help

Our interactive workbooks help transform knowledge into action!

All of our workbooks feature:

- Plenty of important information laid out in a clear, comprehensible style
- Fill-in sections, worksheets, and other features designed to engage readers and reinforce learning

Single Print = **\$4.95** | *Print Item Number REP04*
Complete Print Set = **\$59.95** | *Item Number RECPS (14 Titles)*
Single Digital = **\$95.00** | *Digital Item Number RED04*
Complete Digital Set = **\$495.00** | *Item Number RECDs (14 Titles)*



**Complete Digital and Print Sets Include
FREE Course Outline, and Instructor
Materials with S.M.A.R.T. Objectives.**