



## Six Pillars of Self-Esteem

*Nathaniel Branden*

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## **Six Pillars of Self-Esteem** Nathaniel Branden

Nathaniel Branden's book is the culmination of a lifetime of clinical practice and study, already hailed in its hardcover edition as a classic and the most significant work on the topic. Immense in scope and vision and filled with insight into human motivation and behavior, *The Six Pillars Of Self-Esteem* is essential reading for anyone with a personal or professional interest in self-esteem. The book demonstrates compellingly why self-esteem is basic to psychological health, achievement, personal happiness, and positive relationships. Branden introduces the six pillars—six action-based practices for daily living that provide the foundation for self-esteem—and explores the central importance of self-esteem in five areas: the workplace, parenting, education, psychotherapy, and the culture at large. The work provides concrete guidelines for teachers, parents, managers, and therapists who are responsible for developing the self-esteem of others. And it shows why—in today's chaotic and competitive world—self-esteem is fundamental to our personal and professional power.

## **Six Pillars of Self-Esteem Details**

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## From Reader Review Six Pillars of Self-Esteem for online ebook

### **Mario Tomic says**

Amazing book, I listened thought the full audio version in one go. Material is very easy to understand and the part I liked the most was about taking responsibility for your life. Favorite quote: "No one is coming to rescue me. If I don't DO something, nothing is going to change."

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### **Tobi says**

When I found out I was getting laid off from my job I was also going through some extremely challenging personal crap - as a result, I started having really low self-esteem and spent several months struggling with depression. This book is extremely helpful. It gives you practical tools to change the way you think so that you are not constantly blaming yourself for your problems/situation, but are able to strategically give yourself positive messages that are necessary for surviving the hard times. I have always thought affirmations were cheesy, but when you are really down, changing the way you think can change the way you feel. This struggle happens at the level of the individual, so this book is useful in that regard.

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### **Tony Jr says**

Definitely the best book on self-esteem I've ever read, the author really knows his stuff. He asserts that self-esteem is a by-product of practicing the 6 pillars of self-esteem which are: The practice of living consciously, The practice of self-acceptance, The practice of self-responsibility, The practice of self-assertiveness, The practice of living purposefully and The practice of personal integrity. One of my favorite quotes from the book is this simple yet powerful gem "Self-esteem is an intimate experience. It occurs in our inner most being. It is what I think and feel about myself, not what someone else thinks and feels about me." In addition to the six pillars, the author also covers self-esteem at work, parents effect on their child's self-esteem and also school teachers effect on a child's self-esteem. This is a great resource that will send you on many streams of introspective thought and contemplation. Be sure to have a handy notebook with you as you read to your jot down your thoughts.

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### **John Doe says**

This is a truly life-changing book.

Branden uses a type of logic that is intricate but anything but obfuscated: you are left with a sense of clarity.

I should stress that this book is far from universally compatible with all beliefs. There is a distinct philosophically biased aspect to the concepts presented. But whatever your take on life, you'll have a hard time finding fault in the logic presented.

Personally this book has made me think about how I want to live my life, and made me recognize and

understand thought and behavioral patterns in myself and others. It has motivated me to be more conscious, to dismiss unconscious reasons for self-loathing when failing. Without ignoring ones sense of reality, and with a sense of purpose.

It would be dishonest to trivialize the influence this book has had on my personal integrity, or to claim I haven't felt a greater determination and assertiveness when it comes to personal gains, values and goals. I mention this in a confessional fashion because I've always considered those facets of my personality to be more than adequate.

This book will make you want to be better without making you feel intrinsically "broken" (an impossibility, or near close to it as math allows) or otherwise inferior. There are so many insanely good blockquotes in this book, listing them all would be madness, so I'll select a few that meant a lot to me personally. I guarantee you'll find ones more suited to your own situation.

"Fear and pain should be treated as signals not to close our eyes but to open them wider."

"Self-destruction is an act best performed in the dark."

"Self-acceptance is my refusal to be in an adversarial relationship to myself"

"No one is coming."

This is nowhere near representative of the book, just a brief taste, explicitly directed by own receptiveness (of the moment) to specific insights.

To summarize: I am a huge fan of this book and would recommend it to literally anyone, your benefit might not equate to my own but there is no way you can read this book without benefiting from it.

## Husein says

**Taka says**

Very good--

"The unexamined life is not worth living," said the wisest of men who called himself a fool and ignorant.

"A book on self-esteem?" you might jeer in a mix of derision, disbelief, and, perhaps, curiosity. "What, do you have, like, low self-esteem? Why do you need to read this stuff?"

Everyone at some point undergoes tribulations, doubts, frustrations, and insecurities.

"Know thyself," said the same wise man.

I'm in the process of facing my inner demons.

Listening to the audio version of this book and reading Ayn Rand's *Atlas Shrugged* in parallel, I was pleasantly surprised when the author reveals his past relationship with her, and many of the concepts that overlapped with those of her novel made sense.

As you can extrapolate from the title, this book disentangles the very general and important concept of self-esteem - very general because it means different things to different people, and very important because it's at the core of one's character and how one lives his or her own life.

Branden defines self-esteem as: **the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness.**

This makes a lot of sense.

The six pillars are: living consciously, self-acceptance, self-responsibility, self-assertiveness, living purposefully, and personal integrity.

He examines each of the pillars and expounds on them with lucid accounts. The most valuable part of the book is the sentence completion exercises he assigns the reader to do. I'm in the process of doing them and experiencing their effect.

Highly recommended.

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## **André Bueno says**

Great book and such a quick read.

### **BOOK NOTES**

- The higher our self esteem: the less we need to prove ourselves, we strive for higher goals, we are more ambitious.
- The more inclined we are to treat others with respect.
- The joy of life comes from being better than you were yesterday, delighting in the true joys of life, and not in comparison to others
- The joy is being who you are and not in trying to be better than someone else

### **THE SIX PILLARS**

1. The practice of living consciously

- Being present
- Living mindfully
- Our mind is our basic tool of survival
- Self esteem is the reputation we acquire with ourselves
- Behaving with accordance with what you see and know
- Discerning between facts, interpretations, and emotions
- Being concerned to know where I am relative to my goals and projects, and whether I am succeeding or failing
  - Are my actions in alignment with my purpose?
  - Getting feedback and receptive to new knowledge
  - Committed to lifelong learning and growth
  - Use sentence stems to become more conscious and aware of your life situation
  - If I were more conscious, how would I treat other people?
- 2. The practice of self acceptance
  - Willingness to accept what you do, who you are, and what you enjoy
  - It's not judging your behavior but merely accepting that your actions just are
  - What is, is
  - It's a matter of accepting and forgiving yourself for your unwanted behaviors
  - Accepting what is, is the precondition to change
- 3. The practice of self responsibility
  - Embrace your responsibility
  - Take self responsibility for your emotional and intellectual existence
  - You are responsible for the situation you are in at any given moment
  - No one is coming to save you
- 4. The practice of self assertiveness
  - Honor your wants, needs, and values and seeking appropriate forms of expression in our reality
  - Leap into the game
  - Express yourself
  - Confront, rather than evade, the challenges of life
  - Be kind and cooperate with others
- 5. The practice of living purposefully
  - Set goals and work towards them
  - Live intently
  - Living purposefully involves the following four steps:
    1. Taking responsibility to live purposefully
    2. Identifying the actions needed to achieve one's goals
    3. Monitor behavior to check to see if you are in alignment with your goals
    4. Paying attention to see to the outcome of ones actions to see if they are leading to where one wants to go
  - The practice of personal integrity: When your ideals and standards match- you have integrity
  - Integrity means congruence

## RESTORING INTEGRITY

1. Face and accept your reality
2. Seek to understand why you did what you did
3. Acknowledge explicitly to the other party what you have done and mention your understanding of the consequences
4. We take any actions to correct our behavior
5. We commit to not repeating the same thing again

- One must examine their life in order to determine if they are acting in a role that is in their best interest, questioning the assumptions and beliefs behind their actions
- If we examine our lives we will notice there is a discrepancy between integrity we practice in different situations
- The principle of reciprocal causation: behaviors that generate good self esteem, are good self esteem
- Love tied to performance is not love, it is a form of manipulation

Ava says

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## **Nasser Salah says**

it's really really helpful book. specially if you're self studying student

**White says**

My son recommended then bought this book for me not two years ago. I was so impressed with its information and presentation, I took a part of it within me and moved forward from a pretty low plane. This book can save lives when the world crashes down. It can help the people who are already happy to reach even further potentials.

This is a book of empowerment through the only person who can really influence who you are or where you are going: yourself. I felt so much better about myself after reading this book.

It's brilliant. It's also a must read.

## **Steven Walle says**

This book is already being hailed as a classic on the topic. This book is a result of a life time of study. I recommend it to all who want to achieve much more in their lives.

Enjoy and Be Blessed

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### **Delara Emami says**

A life-saving and life-changing book! If you're a self-studier, read this book. It's as if you were sitting and talking to him. He gives very comprehensive lists, questions and exercises to practice! Live for yourself ! You will see the difference in yourself when you finish this book, it is the first step to changing your ideas about yourself, and how you treat others in kind and how they treat you!

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### **Gordana Vuckovic-Glusac says**

Give your child roots to grow and wings to fly.

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### **Margaret Winson says**

I cannot speak highly enough of this book. I read it 8 years ago when my husband and I were on a trial separation, and it stood me back on my feet again. The main lesson (there are so many) seems to be: this is your life, live it deliberately. Every day, every action, every thought counts. He points out that most of us have 'okay' self-esteem, and many of us are even high achievers but will not necessarily enjoy our lives due to the averageness of our self-esteem. His plan for how to raise the bar is beautifully simple. I found the exercises difficult, but they still pop into my mind sometimes and help me understand where I'm at. Apart from anything else, his writing is divine! It's a pleasure to read. You know you are in the company of a true professional with decades of experience. I really liked his observations from the point of view of a therapist, and his clarification about the goal of therapy, which was so optimistic that it dispelled any fear I had of going down that track. I was relieved by his observation of the revolution in the world of work over the past 2-3 decades as I had not seen that so well-articulated before and I appreciated his point that a better level of self-esteem is crucial to our survival in this new world.

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### **Nicolay Hvidsten says**

Short and to the point. Branden argues that true change comes from within, by embracing deep inner values like honesty and integrity, and is not some "quick fix" you can apply from the outside-in. This view very much coincides with the 7 Habits of Highly Effective People, which is a more in-depth study on basically the same principles that Branden talks about.

Additionally the views expressed by Branden align very nicely with the teachings of eastern spirituality (buddhism, taoism, and Tolle) in the sense that you cannot "fake" self-esteem by lying to yourself. By being **honest** with yourself (i.e. observing your thoughts, bringing consciousness to your actions) you can truly cultivate a fertile ground for self-esteem to grow.

This is a very short and powerful read, filled with examples of practical applications you can use in your own daily life. There really isn't any reason for you **not** to read it.

