

# DEVELOPING SELF-ESTEEM

A SELECT READING LIST

*Resources available at SIM Library*

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## BOOKS

- [Aspirations of greatness: mapping the midlife leader's reconnection to self and soul](#), by Jim Warner. New York: John Wiley, 2002.  
658.4092 WAR (HQ)
- [Be your own confidence coach: banish self-doubt and boost self-esteem](#), by Kirsty Ginman. London, England: New Holland, 2007.  
158.1 GIN (HQ)
- [Confidence: how winning streaks and losing streaks begin and end](#), by Rosabeth Moss Kanter. New York: Crown Business, 2004.  
650.1 KAN (HQ / MH)
- [Confidence: the art of getting whatever you want](#), by Rob Yeung. Harlow, England: Pearson Prentice Hall Life, 2008.  
158 YEU (HQ)
- [Discover true north: a 4-week approach to ignite your passion and activate your potential](#), by Anne Bruce. New York: McGraw-Hill, 2004.  
158.1 BRU (HQ / MH)
- [Healing your emotional self: a powerful program to help you raise your self-esteem, quiet your inner critic, and overcome your shame](#), by Beverly Engel. New Jersey: John Wiley, 2006.  
158.1 ENG (HQ / MH)
- [Inner leadership: realize your self-leading potential](#), by Simon Smith. London: Nicholas Brealey, 2000.  
650.1 SMI (HQ / MH)
- [Self-esteem: a proven program of cognitive techniques for assessing, improving and maintaining your self-esteem](#), by Matthew McKay. 3<sup>rd</sup> ed. California: New Harbinger, 2000.  
155.232 MCK (HQ)
- [Self matters: creating your life from the inside out](#), by Phillip C. McGraw. New York: Simon & Schuster, 2001.  
158.1 MCG (HQ)
- [Stress, self-esteem, health and work](#), by Simon L. Dolan. New York: Palgrave Macmillan, 2007.  
158.72 DOL (HQ)
- [The secrets of self-esteem: make the changes you want in your life](#), by Patricia Cleghorn. London: Vega, 2002.  
158.1 CLE (HQ)
- [Your road map for success](#), by John C. Maxwell. Tennessee: T. Nelson, 2002.  
158.1 MAX (HQ)

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## AUDIOS

1. [Confidence: how winning streaks and losing streaks begin and end](#), [sound recording] by Rosabeth Moss Kanter. New York: Random House Inc, 2004.

C 818 (MH)

2. [High self-esteem & self-image for busy people](#), [sound recording] by Robert Griswold. New York: Effective Learning Systems, 2000.

C 745 (MH)

3. [Self-esteem: your fundamental power](#), [sound recording] by Caroline Myss. Boulder: Sounds True, 2002.

C 771 (MH)

4. [Self matters: creating your life from the inside out](#), [sound recording] by Phillip C. McGraw. London: Simon & Schuster, 2001.

C 767 (MH)

5. [Speak up with confidence: how to prepare, learn, and deliver effective speeches](#), [sound recording] by Jack Valenti. New York: HighBridge, 2002.

C 730 (MH)

6. [Stand up for your life: develop the courage, confidence, and character to fulfill your greatest potential](#), [sound recording] by Cheryl Richardson. New York: Simon & Schuster, 2002.

C 735 (MH)

7. [Talking with confidence for the painfully shy: how to overcome nervousness, speak-up and speak out in any social or business situation](#), [sound recording] by Don Gabor. New York: Random House, 1997.

C 632 (MH)

## VIDEO

1. [Building self-confidence](#), [video recording]. Bloomington: Meridian Education, 1990.

V HQ 142 (HQ)

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