

CONTENTS

Preface	vii
Acknowledgments	ix
List of Figures, Tables, and Boxes (Illustrations and Thought Activities)	xi
1. What Is Authentic Self-Esteem and Why Does It Matter?	1
2. The Importance of Self-Esteem: Positive Self-Regulation and Control	27
3. Developing Authentic Self-Esteem	47
4. How to Increase Authentic Self-Esteem	69
5. Self-Esteem and Individual Well-Being	91
6. Beyond the Self: Authentic Self-Esteem, Relationships, and More	113
References	133
Appendix	139
Index	153