



## Life's Too Short!: Pull The Plug On Self-Defeating Behavior And Turn On The Power Of Self-Esteem

By Abraham J. Twerski M.D.

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In this practical and supportive guide to self-esteem, Dr. Abraham Twerski explains how most self-defeating behavior stems from a sense of inferiority and that practically no one is immune to its hazards. Through his patients' life stories and the humor of cartoons, Dr. Twerski shows that people are far more capable than they consider themselves to be. His advice comes from his experience in helping over 40,000 patients create better lives.

Let Dr. Twerski show you how to:

- \* Recognize the symptoms of low esteem-- such as workaholism, anxiety, and depression-- and how to avoid these emotional pitfalls.
- \* Form groups to create a network of comfort and support.
- \* Identify negative behavior patterns and build the confidence to overcome them.
- \* Defeat the self-image delusions that affect everyone.

*Life's Too Short* offers the solutions to problems of inadequacy, shame, and poor self-image. Dr. Twerski's down-to-earth program and optimistic outlook is essential for anyone who feels that life is too short not to live to its fullest.

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### **Editorial Review**

From Publishers Weekly

People set themselves up to fail, according to Twerski (When Do the Good Things Start?), not from lack of ability but through self-defeating behavior stemming from low self-esteem. These behavior patterns take many forms: fear of rejection, codependence, narcissism, compartmentalizing, alcoholism and eating disorders, to mention a few. By "turning on the power of self-esteem" through self-assessment, changing old habits and using techniques borrowed from AA and other 12-step programs as well as traditional psychotherapy, we can overcome these self-defeating patterns that prevent us from realizing our potential. Case histories of how people have overcome low self-esteem, as well as many cartoons, add humor to this compassionate guide for living life to its fullest.

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From Library Journal

A psychiatrist who has written a number of books on alcoholism, Twerski concentrates on self-esteem in this title. In simple lay terms, interspersed with well-chosen cartoons and brief case histories from his practice, Twerski explains why people have low self-esteem and how to build esteem in yourself and your children. The benefits of individual and group therapy are discussed and tips for recognizing low self-esteem and correcting it are given. Considering the continued popularity of books on self-esteem, this practical, easy-to-read, self-help title will find an audience in public libraries. ?Marguerite Mroz, Baltimore Cty. P.L.

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Review

"Abraham Twerski elucidates many of the problems that result from unwarranted feelings of shame and points a direction to their solution. Very worthwhile reading." ?*John Bradshaw*

"Dr. Twerski believes that at the core of every human being lies pride, dignity, and self-respect. This book is filled with all three." ?*Robert J. Ackerman, Ph.D., author of Silent Sons*

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**Loren Hatfield:**

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**Benjamin Herrera:**

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**Kenneth Connolly:**

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