The book has been thoroughly updated to integrate positive psychology themes throughout and explain how self-esteem enhancement interventions fit into evidence-based practice.

This insightful work provides scholars, clinicians, and students with both an extensive overview of research and with Mruk’s often-cited theoretical framework for self-esteem. Featuring the author’s noted Competence and Worthiness Training program for enhancing self-esteem, this fourth edition reflects changes in the field by also including expanded coverage of:

- Self-esteem in relationships
- Validity issues in researching self-esteem
- The concept of authenticity in the self
- Self-esteem as a function of motivation and well-being
- Existentially oriented theory

Publication Year: 2013  
Edition: 4th  
Author/Editor: Mruk, Christopher J.  
Publisher: Springer Publishing Company  
Platform: Ovid  
Product Type: Book  
Speciality: Psychology  
Language: English  
Pages: 304  
Illustrations: 0