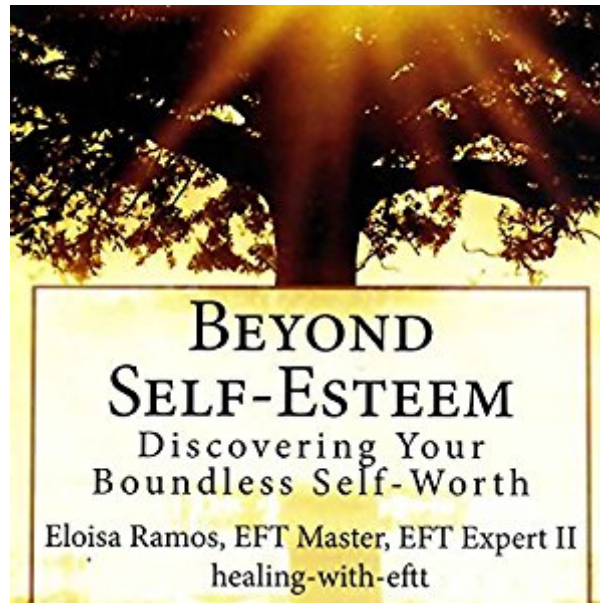


The book was found

Beyond Self-Esteem: Discovering Your Boundless Self-Worth



Synopsis

How can people overcome the problems of low and hurtful self-esteem? Is there a way to be in a state of awareness where our self-esteem is evident, irrefutable, and permanent? This book can open your mind to the presence of your boundless and inherent self-worth; transforming the way you think about yourself, life, and the world in revelatory ways. Using every-day experiences and insights gained through her years of practicing EFT (Emotional Freedom Techniques), being a mother of four, a wife and studying The Course in Miracles, Eloisa Ramos sheds light into our way of thinking and the subconscious processes that often lead us to see our "self" and the world negatively. Beyond Self-Esteem: Discovering Your Boundless Self-Worth opens the possibility to an understanding of your inherent, limitless worth. Unlike most other self-help books, which advocate self-esteem as something that needs to be built up, to be improved, Beyond Self-Esteem dispels this widely accepted perception and helps guide you to a mind-opening concept; that your self-worth already exists whole and perfect. This book will take you deep into the inner workings and belief structures of your mind, teaching you how to uncover, revise and let go of your negative self-worth and discover an untouchable and boundless truth. A truth beyond self-esteem.

Book Information

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Customer Reviews

Full Disclosure: I have consulted (therapy of sorts) with the author personally, have experienced the effects of EFT (deceptively simple, and eerily effective), and read this book to enable myself to work on beliefs independently. I was left with the equivalent of a Greatest Hits Album of one of the wisest,

most compassionate 'spiritual artists' I know. I've read many self-help books, and only two have had a massive, practical impact on my life: *The Untethered Soul: The Journey Beyond Yourself*, and this book. Both of them cut the crap, and deliver with experience. There is one pre-requisite for reading this book; you must be ready to let go of what you believe defines you. Yes, the first thing that comes to your mind, that identity that you are scared to death to let go of? You have to be willing to try. Student, Lawyer, Entrepreneur, Athlete, Loser, Winner, Introvert, Intellectual, Woman, Man, Brother, Mother, American, Indian; and yes, even Potterhead. This doesn't mean relinquishing your responsibilities, it means not letting them define you anymore. I know how terrifying it can be if you are seriously considering embarking on this path, but boy is it worth it. Your fear, as real as it seems, is only in your mind. Accept it, feel it, and observe it with understanding; it will pass. The moment you realise that your (self-imposed) identities are only keeping you from seeing your true nature, and are limiting your independence; you will experience true freedom, and a strange, stable sense of self; as you realise that you exist without these identities. There is mention of 'God', and a 'Creator'.

I liked this book immensely because its explanations of how we form a self-image are descriptions of inner processes that any thinking human being can recognize. Only by realizing the truth, that all human beings deserve respect, can we realize that these processes are prone to distortion and error. For example, the author shows how we internalize, usually with some distortions, standards for people that have been handed down mother to daughter, father to son, generation after generation. When our reality does not perfectly align with those standards, our self-esteem plummets. Our emotions and thoughts also play big roles in our self-esteem. Because our emotions and thoughts are so changeable no one can have good self-esteem all the time because no one feels up all the time! Achievement also affects self-esteem, but unless we are #1 and world famous in our chosen field, this makes a shaky foundation. We derive our self-esteem in large part from other people's reactions to us. But other people's reactions to us, consciously or unconsciously, are so often based on whether they feel validated by us, or how useful we are to them. What detracts from this excellent book, in my opinion, is those few places in which the author injects her faith-based ideals: that we are eternal and only our bodies die and that "... only good things are possible because our Creator is without a doubt, unconditionally loving." The ability to believe wholeheartedly with no proof differs markedly from person to person. Where most of her message is based on the experience of being human and is therefore universal, the faith-based concepts can only be useful for people who share her faith. Throughout the book she teases the reader with

mentions of Emotional Freedom Techniques (EFT).

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