



Self-Esteem and Positive Psychology, 4th Edition: Research, Theory, and Practice

Christopher J. Mruk PhD

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The author's voice is engaged, authoritative, and convinced of the essential role self-esteem plays in connecting psychological theory to clinical practice, a perspective many readers will welcome....Recommended."--**Choice: Current Reviews for Academic Libraries**

This new edition of the most comprehensive text available on the theories, research findings, and practice implications of self-esteem represents a major shift in our contemporary understanding of self-esteem and positive psychology. 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

Key Features:

- Offers the most comprehensive and thorough overview of self-esteem theory and research available
- Considers self-esteem from personality, human development, and clinical perspectives
- Contains updated and more integrated coverage of self-esteem as a major element of positive psychology
- Places clinical practices that enhance self-esteem in the context of evidence-based practice
- Features expanded coverage of personal relationships, research issues, and well-being in self

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