

Selected Reading List

There are a multitude of books published in this field with new titles appearing every year. Below is a selection of personal recommendations rather than a comprehensive list. We would love to hear from anyone who has personal recommendations NOT included here that they would like to draw our attention to.

***Self-Esteem* C. Mruk (2006) Springer Publishing Co Inc.**

THE starting point for anyone wanting an integration of research, theory and practice. (Indeed it's the book's subtitle !). It also has some useful outlines for a self esteem building programme that is useful for anyone running groups. A new updated edition of the original 1999 book (published by Free Association Books) and released in May 2006. For those wanting a pure "How to" approach however, you may find this book a little dry.

***Self-esteem Issues and Answers* M.H. Kernis (2006) Psychology Press.**

Being released in August 2006 it will provide a good theoretical/research companion to Mruk's book (above), but do not expect it to be particularly useful if you are looking for practice ideas.

***Overcoming Low Self-esteem: Self-help Guide Using Cognitive Behavioural Techniques* M. Fennell (1999) Constable and Robinson**

This self help book has numerous virtues. It's highly accessible, evidence-based, interactive and can be adapted to a "How to" treatment programme as it contains lots of practical ideas. Rather weak if your primary interest is with children or with client groups with limited literacy or verbal skills however.

***Gael Lindenfield's Self-esteem Bible: Build Your Confidence Day by Day* G. Lindenfield (2004) Element Books**

Another excellent self help book from the pen of Gael Lindenfield. I personally do not like it quite as much as her book **Self Esteem (1995)**. However, the latter is now sadly out of print except in audio book form.

***Stick Up for Yourself: Every Kid's Guide to Personal Power and Self-Esteem* G. Kaufman (1999) Free Spirit Publishing Inc**

A good self help book for children (6-10 years), although its American tone can feel a little alien at times to a British readership

***Helping Children to Build Self-esteem: A Photocopiable Activities Book* D. Plummer (2001) Jessica Kingsley Publishers**

Deborah Plummer is a Speech & Language therapist based in Leicester and this book provides a useful source of exercises to build children's self esteem

***Enhancing Self-esteem: A Self-esteem Training Package for Individuals with Disabilities* N.Hagiliassis, H.Gulbenkoglu, Scope (2005) Jessica Kingsley Publishers**

One of the few books on self esteem and disabilities (along with the Mannix book below).

***Self-Esteem Activities for Students with Special Needs* D. Mannix (1996) Prentice Hall Direct**

Not always an easy book to get hold of but worth persevering.

***Enhancing Self Esteem* (Ed) C.J. Carlock (1999) Brunner-Routledge**

An unusual and appealing combination of theory and practical exercises and advice. Worth getting hold of.