



Learn to Love Yourself Enough: 7 Steps to Improving Your Self-Esteem and Your Relationships

By Andrew G. Marshall

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Create a wealth of self-worth.

In a black-and-white world, there are two types of people?those who love themselves too much (and walk over everybody else) or hate themselves for failing to achieve goals (and probably end up being taken advantage of by others). But, according to British marital therapist, Andrew G. Marshall, neither has a healthy perception of oneself. This is because the secret to self-esteem does not lie in the extremes of love and hate, but in the middle, in the gray area that teaches us to love ourselves just enough: enough to have love to offer others; enough to be open to receive love from others. Only when this kind of balance is created, can self-love exist.

Like no other book on self-esteem ever written, *Learn to Love Yourself Enough* helps readers walk through life on middle ground by revealing the seven factors that, together, add up to a wealth of self-worth.

1. Examine your relationship with your parents: Discover the six types of child-parent relationships and how to accept the legacy of your past.
2. Find Forgiveness: Debunk the two myths about forgiveness and discover what can be gained from negative experiences.
3. Don't let other people put you down: Recognize the five phases of projection and how understanding our own projections lead to better and happy relationships.
4. Re-program your inner voice: Identify the three kinds of negative thinking that work together to undermine self-confidence and whether they are based on fact or just opinion.
5. Set realistic goals: Learn how perfectionism undermines self-esteem.
6. Re-balance yourself: Understand that problems lurk in the extremes and why the middle way is the most successful way.
7. Conquer Fears and Setbacks: Overcome the day-to-day problems that life and other people throw at us.

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Editorial Review

About the Author

Andrew G. Marshall (London, England) is a marital therapist with 30 years' counseling experience. His books include the international bestseller *I Love You But I'm Not in Love with You*, which has been translated into more than fifteen languages and *I Love You But You Always Put Me Last*. He also offers private counseling and workshops in London, England, and writes for the *Mail on Sunday*, *Times*, *Guardian*, and *Psychologies*. Visit Andrew at www.andrewgmarshall.com.

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INTRODUCTION

SEVEN STEPS IS A SERIES OF BOOKS offering straight-forward advice for creating successful and fulfilling relationships. Getting the most out of love needs skills and the good news is that these skills can be learned.

If there is critical voice in your head that not only puts you down but makes it hard to accept praise from work colleagues, friends or family, this book will help you make peace with yourself and the world around you. Unlike many programs for boosting self-esteem, I will not just treat the symptoms but go to the root causes of your negative messages and show how to deal with the past. In this way, you will not only learn how to challenge that little negative voice in your head, but also replace it with something kinder, more understanding and loving. Most importantly, by improving your relationship with yourself, you will improve all your relationships?so that if you're looking for love, you will start attracting people who'll treat you better (rather than play games) and if you're in a loving relationship, it will become more equal and balanced.

In devising this program, I have drawn on almost thirty years' experience as a marital therapist. However, I have changed names, details and sometimes merged two or three of my clients' stories to protect their identity and confidentiality.

Andrew G. Marshall

www.andrewgmarshall.com

Chapter One

UNDERSTAND THE PROBLEM

IT IS A COMMON PIECE OF ADVICE?you've heard it a million times on talk shows and from friends and family: 'You've got to love yourself before you can love anybody else.' There are also variations on this theme like: 'If you don't hold yourself in high regard, nobody else will' and 'Loving yourself is the greatest love of all.' In fact, we've heard this basic idea packaged in so many ways, so many times, that we tend to tune it out and carry on as normal. But what would our lives be like if we did at least like ourselves? Wouldn't everything be easier, and certainly more enjoyable, if we weren't so self-critical? We'd start standing up for ourselves and stop friends or work -colleagues from taking advantage. When looking for

love, we'd make better choices or when we'd found a partner not let him or her walk all over us. Unlike a lot of other obvious truths, there is a real nugget of wisdom in the idea of loving ourselves. So why haven't we taken the advice to heart?

From time to time, I do meet people who seem to have a very high opinion of themselves. 'I'm only attracted to really handsome men,' said Charlotte, forty-two when she arrived in my counseling office. 'Unfortunately they've all known just how gorgeous they were.' As I took down her relationship history, Charlotte peppered her conversations with examples of just how much she loved herself? 'I'm used to a lot of attention'? or had been loved: 'He absolutely adored me and would have done anything for me.'

Twenty-five years of counseling has taught me that how something appears on the surface and the reality underneath are often very different. At first sight, Charlotte did seem confident and up-front. However, she felt a little brittle, as if the slightest setback or anything less than 100 percent approval and she would start to crumble. She had come into counseling because despite being able to attract plenty of men, she could not keep any that she truly wanted (and did not seem to want the ones who wanted her). The more I got to know Charlotte, the more I realized that she was swinging from high to low self-esteem? with nothing much in the middle.

The effects of low self-esteem are all too evident in my counseling office. Jessica, thirty-four, wanted a long-term boyfriend but most of her relationships never seemed to go anywhere. She sighed heavily and looked down at the floor: 'I'm a complete failure with men. I'll meet these guys at parties and we'll click but somehow the relationships always end with me crying.' So I asked about her most recent boyfriend, Bob. 'I suppose I should have known better. That first night, when we were back at my apartment on the sofa with a glass of wine, he said, 'Are you sure you want to do this?' He'd even told me he was not looking for a relationship. But I didn't want him to go. Well, the inevitable happened and we made love. It was good and I developed feelings for him.' In effect, she had known that they were after different things: he was looking for casual sex and she wanted love. However, as she did not treat herself with respect, Bob probably felt that he had the green light to do the same. After half a dozen encounters, he became less and less available and eventually disappeared altogether.

Loving yourself enough

This concept comes from child care where experts have always known that if a baby is neglected, he or she will not only fail to thrive but also grow into a troubled and unhappy adult. Holding the destiny of your baby literally in your arms is a huge responsibility. Many new mothers feel overwhelmed and worry that anything less than perfection will cause lasting damage.

Fortunately, in the fifties, Donald Winnicott (an English pediatrician and psychologist) coined the term good enough mother. This mother provides enough care for her baby to prosper but unlike the 'perfect' mother does not provide everything that their child wants immediately, on demand, around the clock. Winnicott believed that if, by some miracle, we fulfilled every one of our children's needs, they would not develop properly and find it difficult to grow into self-sufficient adults. In effect, small but manageable amounts of adversity provide important lessons for children. To modern minds, good enough is often seen as not good enough. We aim to do the very best for our children and then a little bit more. However, Winnicott would argue that we are not only driving ourselves mad but also failing our children.

So how does the good enough concept work with self-esteem? Unlike a lot of programs, I will not be trying to boost you up with lots of self-improving statements or visualizing the ideal outcome. To my mind, this is like trying to be a 'perfect' person and makes someone? like Charlotte? swing between loving themselves too much (and walking over everybody else) or hating themselves? like Jessica? for failing to achieve goals (and

probably ending up being taken advantage of by others). Instead, my goal is to teach you to love yourself enough: enough to have love to offer others; enough to be open to receive love from others.

Before outlining my program, I'd like you to take stock and access your feelings about yourself.

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Lorraine Brown:

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John Whetstone:

The reason? Because this *Learn to Love Yourself Enough: 7 Steps to Improving Your Self-Esteem and Your Relationships* is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such wonderful way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

Lori Parker:

The book untitled *Learn to Love Yourself Enough: 7 Steps to Improving Your Self-Esteem and Your Relationships* contain a lot of information on that. The writer explains your girlfriend idea with easy means. The language is very clear and understandable all the people, so do not really worry, you can easy to read this. The book was written by famous author. The author gives you in the new era of literary works. It is possible to read this book because you can read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and order it. Have a nice read.

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