



# Insight into Self-Esteem (Waverley Abbey Insight Series)

*Chris Ledger, Wendy Bray*

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We often find it a struggle to feel consistently 'good enough' and to maintain a healthy self-esteem, and this can colour and contaminate areas of our lives and relationships. *Insight into Self-Esteem* shows us that 'cultivating a healthy self-esteem grows from a deepening relationship with God, as we know Him more, in and through Jesus Christ'.

Issues covered include: What is self-esteem?; How self-esteem develops; How low self-esteem affects our relationship with God and others; Improving self-esteem.

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