

Book review: Self-Esteem For A Lifetime

Self-Esteem For a Lifetime: Raising A Successful Child From The Inside Out, by Dr. Ingrid Schweiger, is an excellent book choice for parents, family members and educators of children of all ages.

The self-esteem of children molds and affects every facet of their lives - how they cope socially, emotionally and mentally. Raising kids with higher self-esteem creates happier and healthier individuals and helps set them up for success in their lives. What parent or educator doesn't wish that for the children they love?

The question for most adults isn't whether or not they want the children in their lives to be healthy, successful and confident individuals. The true question is: How do you help them?

Fortunately, that is where Dr. Ingrid Schweiger, with her thirty years of experience as a psychotherapist, comes in to provide answers. It is also what makes Self-Esteem For A Lifetime such an invaluable resource for parents and educators.

In her book, Dr. Ingrid offers practical, easy-to-understand guidance for building the self-esteem of a child. By drawing on her own experiences as a mother and psychotherapist, as well as real families and individuals who she has worked with in her private practice and community programs, she provides an interesting and thorough guide book. The book broaches important subjects like high and low self-esteem messages children receive, true communication and listening skills, tips for dealing with anger and stress and much more. Across the pages of Self-Esteem For A Lifetime, Dr. Schweiger reiterates a simple, yet very important, message to parents - "There are no perfect parents!"

Also peppered throughout the book are carefully created journal pages and exercises for readers to personalize and apply the new-found knowledge to their own families and children. These pages help parents form a clearer picture and plan for building strong and health parent-child relationships.

Self-Esteem For A Lifetime will prove to be a quick reference and well-used resource for families. Purchase your copy now at Amazon.com.

About the author of Self-Esteem For a Lifetime

Dr. Ingrid Schweiger is a respected psychotherapist who is internationally known for her work with families. She has been recognized by The American Association of Marriage and Family Therapy for her family education programs used in communities throughout the world.

Dr. Schweiger maintains her private practice in New York City and facilitates seminars and teleconferences on family related subjects such as communication for couples, divorce recovery, building self-esteem, and creating a successful marriage.



Dr. Ingrid Schweiger is known internationally for her work with families. Visit DrIngridSchweiger.com to read more about Dr. Ingrid Schweiger and her work or to register for an upcoming seminar.

A special thank you to Dr. Ingrid for her cooperation for this book review and for her continual work to promote healthy and happy families.

