



100 Ways to Build Self-Esteem and Teach Values

Diane Loomans

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A practical and inspiring guide to building self-esteem for people of all ages. Offers an encyclopedia of hands-on exercises, charts, heartwarming stories, poetry, and quotes to help parents and children learn basic tools for cultivating mutual respect, recognition, and independence. The mother and daughter authors write with the premise that "self-esteem is like good nutrition – the more our children have it, the healthier and stronger they become." Making profound ideas playful and practical, they draw on their own life experiences to offer advice on topics such as creative storytelling, using affirmations, and finding heroes, as well as innovative tools such as: One-Minute Love Connections, Esteem Themes, The Paying Attention Game, The Story of You, Be Here Now Holiday.



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