



Self-Esteem: A Family Affair

Jean Illsley Clarke

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Strong self-esteem is a critical ingredient for human happiness--and its development begins at home in the nurturing interactions between children and adults. Clarke's unique approach to building self-esteem begins with her belief that this is indeed a "family affair." Rather than offering collection of dictatorial "shoulds," *Self-Esteem: A Family Affair* instead serves as a source of parental support, providing a broad range of imaginative and effective suggestions for dealing with individual family members in ways that nourish self-esteem for all involved.

Throughout her book, Clarke encourages parents to claim their strengths and to trust their judgment as they make decisions about appropriate child care. Recognizing, too, that kids' needs are best met by adults whose own needs have not been neglected, Clarke offers a range of creative and workable options for parents to build the self-esteem of children while also caring for their emotional needs.

Jean Illsley Clarke, author of Hazelden's *Growing Up Again: Parenting Ourselves, Parenting Our Children*, is a writer and an internationally recognized parent educator who specializes in the areas of parenting, self-esteem, family dynamics, and adult children of alcoholics. She currently directs the Self-Esteem Center, which she founded in 1975, and lives in Plymouth, Minnesota.

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