



# Autoestima (Portuguese Edition)

*Carlos Afonso Schmitt*

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## **Autoestima (Portuguese Edition)** Carlos Afonso Schmitt

A Paulinas Editora apresenta a obra Auto-estima, o toque mágico de uma vida feliz enfrenta o desafio de iniciar nessa grande aventura da vida em busca da felicidade. São 35 capítulos, divididos em cinco grandes partes, cada um deles propondo uma espécie de auto-análise. Começa-se, na primeira parte com uma importante distinção entre auto-imagem e auto-estima, pois é a imagem que formamos de nós mesmos, num certo sentido desde o útero materno, que está na raiz de uma consistente auto-estima. A segunda parte é consagrada à apresentação do que se entende, a bem dizer por auto-estima e quais são as suas principais características, sempre com base no auto-conhecimento. Dependendo, porém, de fatores que escapam ao nosso controle, pode acontecer que suportemos desde a infância a carga de uma baixa auto-estima, que precisa então ser reconhecida e tratada de tal forma que se evite o mais possível às conseqüências desastrosas que possam ter na nossa vida. É o tema sobremaneira importante da terceira parte, em que se enfrentam toda sorte de dificuldades, desde o alcoolismo, por exemplo, até a questão de um casamento problemático, em geral conseqüências e, ao mesmo tempo, causas da baixa auto-estima, constituindo verdadeiros obstáculos à felicidade. Chega, então o momento de sugerir como viver uma auto-estima positiva e saudável, aceitando os próprios limites, mas enfatizando tudo que há de favorável na nossa maneira de ser e no ambiente em que vivemos. Só assim seremos capazes de ajudar os outros a reforçarem também sua auto-estima e serem felizes. A clareza dos conceitos e a lucidez com que trata do assunto recomendam vivamente a leitura desse livro.

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