



# True Self-Esteem: Precious in the Eyes of God

*Jim McManus C.Ss.R.*

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**True Self-Esteem: Precious in the Eyes of God** Jim McManus C.Ss.R.

Self-esteem is a psychological concept rooted in human nature. Yet, people need an understanding of self-esteem that is healthy, Christian-based, and nourishing. This book synthesizes the ways psychology and theology approach the issue of self-esteem. It shows how our psychological natures relate to and form the basis for our spiritual selves, and conversely, how our spiritual life enlivens and enriches our human lives. Whatever form of "higher power" you believe in, this book, rooted in psychology and faith, has something for you.

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