

Press Release

Self-Esteem Makes Her Scream!

Don't Say 'Good Job' to Your Kids . . . and Other Surprising Tips for Parents

Since the 1960s, Americans have embraced the concept of "self-esteem." Most parents and teachers believe that nurturing kids' self-esteem is just as important as teaching them reading, writing and arithmetic.

So why do so many of us feel that we're not good enough? Perhaps because "self-esteem, as defined by our culture, is a myth," says **Terry Diebold**. The truth is this concept doesn't allow any room for human imperfections, so we can never measure up.

Diebold is a family therapist on a mission: to help adults and children overcome the negative and mistaken messages our culture has created about self-esteem. She has helped thousands of clients over the past 18 years who were grappling with these issues.

This expert shares 50 ways to bolster a genuine sense of self and stop sabotaging yourself.

Diebold reveals:

- * Why you can quit worrying about self-esteem and start enjoying yourself.
- * Why constantly praising your children is likely to *increase* their self-doubt and unhappiness.
- * Why experiencing failure is the key to a happy life.
- * How to develop reasonable expectations for your kids.
- * Why it's crucial to make time every day to do nothing.

CREDENTIALS: Terry Diebold is a well-known licensed psychotherapist, family counselor and president of the Virginia Association for Marriage and Family Therapy. The author of *THE MYTH OF SELF-ESTEEM: 50 Ways to Stop Sabotaging Yourself*, she is also a popular workshop presenter, mediator and ordained Presbyterian minister.

AVAILABILITY: Virginia, nationwide by arrangement and via telephone

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