

Contents

How people feel about themselves	7
Self-respect, self-awareness, self-confidence;	
Dispossessed, powerless, hopeless	
I ACQUIRING SELF-ESTEEM	15
1. Developing self-respect	17
Basic confidence; Uniqueness; The full pot;	
Accepting your shadow; The spiritual you	
2. People without self-esteem	33
Small; Paralyzed; Whingeing; Running scared;	
Handicapped; Conformist; Arrogant	
3. Learning self-confidence	54
Self-acceptance; Self-awareness; Knowing your body;	
Knowing your faith; Meditating on the Bible;	
Celebrating feasts; The Pauline way; Reconciliation;	
The mystical way	
II REMAKING THE REAL YOU	87
1. Powerlessness	90
Feeling ineffectual; Helpless with others;	
The state of the world	
2. The results of powerlessness	101
Anger and aggression; Violence and brutality;	
Unyielding rigour; Self-punishment;	
Resignation and despair	
3. Dealing with powerlessness	109
A. <i>Human ways</i>	109
With others; On your own; Useful rituals;	
Freeing yourself from others' power; Dealing with power	
B. <i>Religious ways</i>	119
Humans are empowered;	
Freeing yourself from the world's power;	
Coming to terms with your own lack of power;	
Prayer and empowerment; Sharing in Christ's power;	
The power of prayer; The power of love	
Summary	137
Notes	141
About the author	143