

# On the Wings of Self-Esteem

*A Companion for Personal Transformation*

by Dr. Louise Hart with Kristen Caven

"This is a wonderful book! It contains timeless insights, deep psychological truths presented in a simple yet profound way, and practical exercises you can begin to do today to create the quality of life you desire and deserve. If everyone read this book and did the recommended exercises, half of all the pain and suffering we currently experience would disappear."

—Jack Canfield, author of *Chicken Soup for the Soul*

In the natural order of things, earth-bound caterpillars transform into soaring butterflies. Louise Hart's second book, *On the Wings of Self-Esteem* addresses the reverse metamorphosis in human beings—born as beautiful, frail creatures, we are forced by life's hardships to become caterpillars. As we grow older, this positive force becomes buried. *On the Wings of Self-Esteem* is a guide to personal transformation. Written in a lyrical and accessible voice, it compiles the best information available on subjects central to self-esteem and wellness. The short chapters and exercises guide the reader through the many tiny shifts in thoughts and action that are required for an upward spiral to begin toward lightness, toward a transcendent higher experience of life, toward soaring.

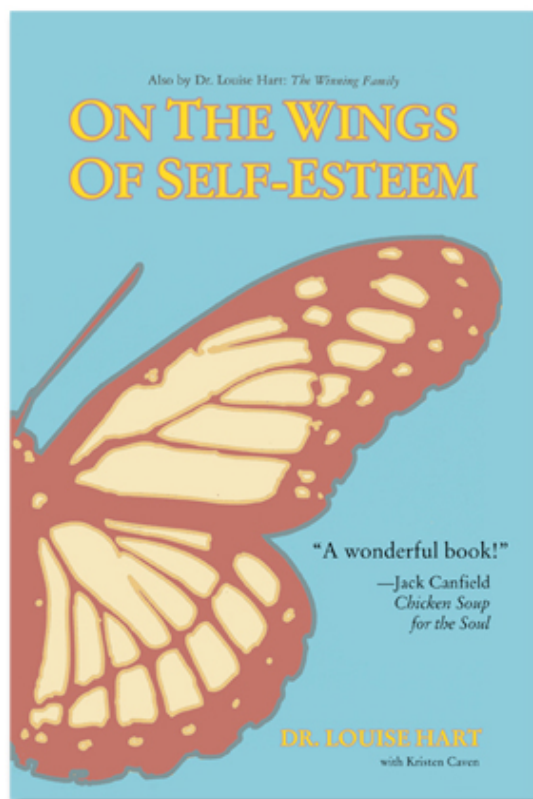
"Louise Hart guides us in a self-empowering process to break through the cocoons that keep us victims of powerlessness, helping us to discover the wind for transformation beneath our wings." —Judith Cauley, Associate Superintendent, Archdiocese of Denver

Dr. Louise Hart is a parent educator and the author of *The Winning Family: Increasing Self-Esteem in Children and Yourself*, and the publisher of *Liking Myself* and *The Mouse, the Monster, and Me*. She provides workshops at schools and parent centers and online at [www.drlouisehart.com](http://www.drlouisehart.com). Kristen Caven is the author of *Perfectly Revolting: My Glamorous Cartooning Career* and *The Reason She Left and Other Stories*, and sells inspirational posters and cards at [www.kristencaven.com](http://www.kristencaven.com).

**On The Wings of Self-Esteem**  
(paper • 6" x 9")  
126 pages • \$12.95  
ISBN: 978-0-9622-8344-4

Available through Amazon.com

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**The best self esteem book on the market**

"As a therapist I have led groups using this book and had at least 36 clients read it to accompany individual therapy. Every single client loved it!"

—Ginger Leanne Gray, San Antonio, TX

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