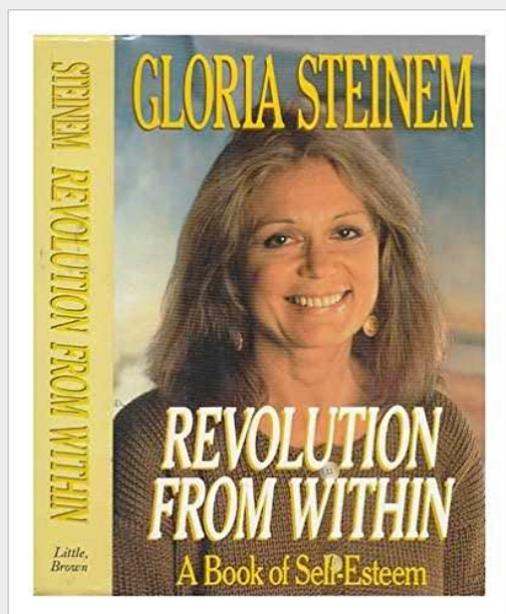


## Revolution from Within: A Book of Self-Esteem by Gloria Steinem



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The author investigates the most vital component of a healthy personality--self-esteem--drawing on her own experience of low self-esteem and that of such luminaries as Mahatma Gandhi



## Reviews of the Revolution from Within: A Book of Self-Esteem by Gloria Steinem

1. Kulabandis

For the past four months I've been dealing with a lot of things that I never thought I'd have to deal with-the illness of a parent, the loss of job, the facing of a future that felt bleak and uncertain. More and more I felt lost and alone, even when I wasn't. Then I found this book. It has taken me weeks to read it, not because it's hard but because I have to take time away from it to think and...I don't want it to end. This book has changed the way I see myself and made me realize that besides the hard things I've been dealing with I've also been dealing with the reality of...what happens when you get what you always wanted and you realize that even it doesn't make you happy? We're taught that we go to school, graduate and go to college, meet a nice man and get married and have kids. But what happens when you've done all that and you're still missing something? For me, like countless other women I think, we feel like failures. It HAS to be us. We have everything and we're still too selfish to enjoy it. This book made me see that that is simply not true.

I have started the slow and painful process of going inward. One step and one day at a time. I was lucky, I wasn't abused as a child, but there are still pieces of the little girl I was that need to be loved and nurtured. I try and stop and think about her now, I try to see her beside be on this journey and I realize that in everything I do I owe her an answer. I owe her the best, I want the best for her, the same way I want it for my daughter.

We owe it to the little girls (and boys) we once were to love ourselves, and to get the most out of life, and that doesn't mean material possessions. I don't mean to preach, I am just so happy and grateful that I read this book. My copy is now dog-eared, with highlighted sections and notes I've made myself. I plan on keeping this book out, so I can refer to it. Not just for what Steinem said but for what she made me realize and the notes I made for myself.

You owe it to yourself, the little girl you once were, and your daughter or the girls in your life to read this and share it.

## 2. Bev

Like many others, I've confused building self-esteem with promoting self-indulgence. This is not a "feel-good" book of "we're all special" platitudes. It's about the essential relationship between knowing that we actually matter -- and deserve to matter -- and acting as though we do. Men can get just as much out of this book as women. It changed my perspective on a number of points.

### 3. Zeks Horde

Excellent history of the rise, and unfortunate, setbacks of women's rights today. Ms Steinem takes us back to where we were, with a great history lesson. She explains how we're losing some of the fight that got us here..A reminder, we still have a long way to go before women are seen as equal human beings not "property. I'd recommend this for both men and women, especially today's young women who may not realize how hard many of us (older women) fought for the rights we have, and to keep fighting, before we lose our gains. It begins with each of us reaching out to other women.

### 4. Doukree

This is an encyclopedia on self esteem. Steinem describes what it is. How people need it. And the systemic and familia and individual reasons for lacking enough as well as how to develop it. It's a very well researched book which stands up. The examples are clear and engaging. Read. Mark it up. Go back for what you need.

It's a resource book which is especially needed and useful to those of us living in the United States in 2018. Most of us need a more comprehensive and useful perspectives of ourselves and one another. A hierarchal, dualistic view damages people.

### 5. Nilarius

I have not read the whole book yet but I already know from the 38th page that the book is going to be beneficial beyond words for me, with shining vital principles such as Stoics; where can you go wrong!. I first came across this book in a mental institution as I was diagnosed as a mentally

disordered patient from having a strange paranormal experience for the first time. Physicians believed I experienced symptoms of psychosis. I was drawn to this book within the mental institution and found it to be a great book which enabled me to take a negative experience and transform it into a positive one. The book allowed me to focus my mind on one thing "reading" and dispose of any worries I had with the environment I was in and I got out of the institution I was in sooner than expected without taking any medication which was initially prescribed by the physicians.

Thank you Gloria for sharing your valuable knowledge and allowing me to escape the negative experiences I created with my own mind as all I see now is happiness brought by through love! and thank you too Amazon for delivering the book with haste and in perfect condition.

Can't wait to read the rest! :)

Thanks,

Matt  
Toormina, Australia

## 6. Ndlaita

I found it a bit heavy-going at times, and maybe a touch self-indulgent, but after her many years of activism and work to promote female liberation Steinem has earned the opportunity to tell us what she thinks. There are some very interesting studies discussed and at times you might despair the way those in power seem to willfully ignore ways to improve the lives of disadvantaged people. But the message that self belief can make you stronger is sufficiently conveyed that I certainly have begun to ascribe to it.

## 7. Ghile

This is an outstanding book. I highly recommend it for every girl and

woman. Gloria Steinem provides wonderful insight into the ways women and girls can become strong, confident, and empowered. I'm 51 years old and very grateful for how this book has helped me on my journey to becoming all I can be.

8. As one would expect from Gloria, this book is candid and straight from the shoulder, full of insight gained during a life full of love but also with disappointments. From all this she has extracted the absolutely most important truth for anyone: if you live your life conscious at every moment that what really counts is not how others think or feel or talk about you; it is how YOU feel about yourself, and that at every moment you can be proud of who you are.

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