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Heinz-Peter Röhr

How I Can Help My Child Gain Strong Self-esteem

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- From best-selling author Heinz-Peter Röhr
- The approved method of self-analysis

Only when children have strong self-esteem they can flourish. Disorders in the development of self-esteem often involve mental and behavioral problems. Many parents would like to help promote the development of self-esteem of their children. However, this can only be achieved if they themselves have a strong self-esteem and understand what things undermine their children's self-esteem.

Heinz-Peter Röhr demonstrates clearly how parents can recognize negative inner workings of their children and how they can deal with it in a helpful way. In doing so, it will be possible to strengthen the self-esteem of children so they will be able to cope with life when they grow up.

About the author

Heinz-Peter Röhr was a psychotherapist at the Fredeburg clinic for sufferers of substance abuse in Bad Fredeburg, Germany, for more than thirty years. He is the author of numerous long-selling self-help titles, and his books have been translated into numerous languages.



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