



How to Find Selfless Joy in a Me-First World (Indispensable Guides for Godly Living)

Leslie Vernick

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Do You Need Greater Self-Esteem—Or Something Else Entirely?

Western culture increasingly emphasizes the importance of self-love and self-esteem. Many of us believe we must “find” ourselves—and feel good about what we see—before we can experience significant spiritual growth. Focusing so much on ourselves, however, distracts us from pursuing the only source of true fulfillment. Do we, as God’s people, really need to love ourselves more? Or is there a wiser, biblical path that can lead us to joy that is not self-centered and fleeting, but God-focused and lasting?

Challenging the current fascination with self esteem, Leslie Vernick answers these questions and others that trip up Christians today. Offering surprising insights and practical helps that can make a real difference in your life, she shows how you can experience greater personal, relational, and spiritual growth while humbly adoring and glorifying your God.

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