

## Transforming YOUR Self

*Becoming  
who you  
want to  
be*

Steve  
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# Transforming Your Self: Becoming Who You Want to Be

[Steve Andreas](#)

"If someone told you that you could quickly and radically transform your life and increase your feelings of self worth—without having to undergo elaborate psychotherapy, a long-term major personality overhaul, or take anti-depressants—would you want to know how? Read this book now! You'll find powerful processes for creating self-acceptance and self-love." —Michele Weiner-Davis, MSW, couple therapist and best selling author.

For years, the world of psychotherapy has recognized the power of a good self-concept, and used words like self-esteem and self-worth in vague ways, but without any specific ways to make changes in it. Often therapists encourage and compliment clients, but even at best that can only provide "other-worth" rather than self-worth. When asked the question "How do you build good self-esteem?" most therapists and authors look to exploring the childhood or looking at motivating factors—in other words, years of therapy directed at the content of the past, rather than finding out how the past is maintained in the present.

Transforming Your Self shows another way. While history was important in creating the current structure, it is much easier and faster to examine and work directly with the structure itself. For instance, it took me only about 15 minutes to help a man realize that he was lovable, and you can read a free verbatim transcript of that session and follow-up (which is also in the book) showing exactly what I said and did to help him make this change at: <http://www.steveandreas.com/Articles/building.html>

Steve Andreas has been at the forefront of the behavioral change field for four decades now. In *Transforming Your Self*, he has analyzed in detail the internal building blocks of a healthy self-concept, and clearly and precisely explains how to use these for rapid change. Steve Andreas' customary clarity, warmth, and humor. offer clear, step-by-step instructions, exercises, case studies, and transcripts of actual sessions. These all show the simple methods that you can use to create a more positive, durable, accurate, self-correcting, and connected sense of yourself.

A major topic is what you can do to change a negative self-concept into one that is more positive and satisfying. You can read a free chapter from the book on this topic at: <http://www.steveandreas.com/Articles/notself.html>

Another major topic is the arrogant and egotistic self that results from an uncertain or ambiguous self-concept, and how to integrate this underlying polarity, which has sometimes been called the "shadow self" or the "dark side" of the self.

Read this book and use the methods to become more of the person you would like to be.