

Dr. Marilyn Sorensen of The Self-Esteem Institute to be Featured on CUTV News Radio

EUGENE, OREGON, UNITED STATES, August 21, 2017 /EINPresswire.com/ -- Self-esteem is fundamental to creating the life we want to experience.

Unfortunately, recent surveys have shown that as much as 85 percent of the world's population is affected by low self-esteem. More needs to be done to help people overcome low self-esteem. Left unaddressed, it can have devastating effects on an individual.

Dr. Marilyn J. Sorensen is the founder of The Self-Esteem Institute, where she helps individuals change their lives by developing a healthy and accurate view of themselves and what in their thinking is holding them back as the basis of low self-esteem.

“I don't think of it as high self-esteem or low self-esteem,” explains Dr. Sorensen. “I think of it as healthy self-esteem and unhealthy self-esteem. I grew up with unhealthy self-esteem. I know all the self-doubts. And even though I was always an overachiever, I often criticized myself.”

According to Dr. Sorensen, the nature of our self-esteem can be recognized in the dialogue we have with ourselves. Much of what can be described as unhealthy self-esteem is often the result of our believing something that isn't based on fact, truth or history. Instead, these self-statements are the result of the stories we're making up: fiction.

“People with unhealthy self-esteem are often fearful of trying new things and avoid new opportunities,” explains Dr. Sorensen. “In those moments when your unhealthy self-esteem seeks to sabotage you, it's all about monitoring whether you're telling yourself things that are based on fact, truth, or history. Anything that you tell yourself that isn't based on all of those things is a fiction and something you've just made up. It's absolutely fundamental.”



Dr. Sorensen's most recent book, her sixth, is titled the Sorensen Do-It-Yourself Self-Esteem Recovery Program.

"It's about changing their thinking," says Dr. Sorensen. "I'm 74 going on 75, but when it comes to my work, I have just energy that goes all the way around because my program is so effective. I haven't had anyone who seriously worked with me that hasn't experienced a significant life change and immense gratitude.

CUTV News Radio will feature Dr. Marilyn Sorensen in an interview with Jim Masters on August 23rd at 1pm EDT and with Doug Llewelyn on August 30th at 1pm EDT

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on The Self-Esteem Institute, visit <http://www.getesteem.com>

The Sorensen Do-It-Yourself Self-Esteem Test is available on her website.

All of her Dr. Sorensen's books are available on <http://www.Amazon.com>

For therapy, call to set up an appointment with Dr. Sorensen at (503) 330-2830 or sign up on her website.

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