

Dr. Marilyn Sorensen of The Self-Esteem Institute Returns to CUTV News Radio

EUGENE, OREGON, UNITED STATES, November 20, 2017 /EINPresswire.com/ -- When you have unhealthy self-esteem, you can find something negative about yourself in everything that goes on around you. You make up stories about what others are thinking. If you enter a room and see someone you know leave the room, you tell yourself she left because she saw you.

Recent surveys have shown that as much as 85 percent of the world's population is affected by low self-esteem. Left unaddressed, it can have devastating effects on an individual.

According to Dr. Marilyn Sorensen, healthy self-esteem is fundamental to creating the life we want to experience. Dr. Sorensen is the founder of The Self-Esteem Institute. For 20 years, she has been helping people around the world develop a healthy and accurate view of themselves.

"Unhealthy self-esteem is the result of believing something that is not based on fact, truth or history. What we believe to be true about ourselves and how others perceive us is often a story we make up: in other words: fiction," says Dr.

Sorensen. "I help them see that what they are saying to themselves about themselves is not based on fact, truth, or history, but instead is based on fear.

Healthy self-esteem allows us the freedom to pursue our goals and initiate relationships without excessive fear because we feel acceptable.

"What I do is really fun, because people see the light very quickly," says Dr. Sorensen. "They are excited to understand what they are doing to cause the negative feelings they wrestle with in their daily lives and that they can do something about it."



THE SELF-ESTEEM INSTITUTE™

Dr. Sorensen has dedicated her entire career to exploring the nature of unhealthy self-esteem. Her interest in the subject was born out of her personal experience with unhealthy self-esteem.

"I kind of had this feeling that people didn't really like me. I always had that fear," says Dr. Sorensen. "I always felt a little inadequate because I grew up very poor. My parents were hard working, but they were not emotionally supportive. I kind of had to become my own cheerleader."

Dr. Sorensen realized her true calling while teaching high school music and coaching girls athletics, helping young people be successful at something and proud of their accomplishments. She realized that she had the ability to motivate them. She says that to her, her enthusiasm and creativity were far more important than just teaching kids music. She saw her role as giving them opportunities to succeed with the belief that they could succeed if they only applied themselves.

"Teaching them to see that they had abilities would set their hopes and dreams beyond what they likely saw before them. They would set higher goals than they might have otherwise to make the most of their lives," says Dr. Sorensen. "My gift was to help kids feel better about themselves. I've had the ability to motivate people."

Today, Dr. Sorensen is the author of five books on the subject of self-esteem. Her first book, *Breaking the Chain of Low Self Esteem*, has been popular worldwide and is available in both English and Spanish.

CUTV News Radio will feature Dr. Marilyn Sorensen in an interview with Jim Masters every Wednesday from November 22nd to January 24th at 3pm EST.

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

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 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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