



# Revolution from Within: A Book of Self-Esteem

By Gloria Steinem

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**Revolution from Within: A Book of Self-Esteem** By Gloria Steinem

**“Without self-esteem, the only change is an exchange of masters; with it, there is no need for masters.” —Gloria Steinem**

When trying to find books to give to “the countless brave and smart women I met who didn’t think of themselves as either brave or smart,” Gloria Steinem realized that books either supposed that external political change would cure everything or that internal change would. None linked internal and external change together in a seamless circle of cause and effect, effect and cause. She undertook to write such a book, and ended up transforming herself as well as others.

The result of her external plus internal reflection is this bestselling and truly transforming book: part collection of personal stories from her own life and the lives of many others, part revolutionary guide to finding community and inspiration. Steinem finds role models in a very young and uncertain Gandhi as well as unlikely heroes from the streets to history. *Revolution from Within* addresses the core issues of self-authority and unjust external authority, and argues that the first is necessary to transform the second.

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## **Revolution from Within: A Book of Self-Esteem By Gloria Steinem Bibliography**

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## Editorial Review

From Library Journal

One of the founding mothers of contemporary feminism has written a self-help book that utterly transcends the genre. In lucid prose that is by turns brave and funny and tender, Steinem takes us on a journey of circles and spirals because, as she says, "If we think of ourselves as circles, our goal is completion . . . if we think of work structures as circles . . . progress means mutual support and connectedness." Drawing from sources that range from Margaret Mead to Chief Seattle (Sealth), from Alice Walker to the Upanishads, as well as from her own life and the lives of her friends and colleagues, she provides a series of pathways to self-esteem. Steinem's book unfolds like a flower: it offers literature, art, nature, meditation, and connectedness as ways of finding and exploring the self. Her message is that it is our very selves that we need to trust, despite educational and societal pressures that may denigrate the female experience. Her focus is women, but she is clear that what she has to say is for men, too, and she is neither strident nor dismissive. Recommended for all collections. Previewed in Prepub Alert, LJ 6/15/91.

- GraceAnne A. DeCandido, *"School Library Journal"*

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From Kirkus Reviews

In the wake of such feminist calls-to-arms as Susan Faludi's *Backlash* (p. 1133), Paula Kamen's *Feminist Fatale* (p. 1137), and Naomi Wolf's *The Beauty Myth* (p. 389), Steinem's inwardly turned examination of how men and women sabotage themselves by suppressing the "child within" appears decidedly retro. Nevertheless, her reflections on her own and others' spiritual struggles may give a new generation of activists pause for further reflection. In the wake of Ms. magazine's sale and her own resignation as its editor, Steinem found herself, she says, with the time and inspiration to write a book she'd had in mind for years--a study of the psychological and societal factors that negatively influence self-esteem. The result, she tells us, was a heavily footnoted, scholarly report whose reliance on experts' opinions revealed Steinem's own deep lack of confidence, and inspired her to toss away her original manuscript and come out of the closet herself. Recounting her own early life as the daughter of a factory worker who divorced his mentally ill wife when Gloria was only ten, Steinem details the natural progression from a co-dependent relationship with her mother to an unconscious adult sense of being "co-dependent with the world." Forced by her need to wall off her past, she led a life of outer-world confrontations until, through therapy undertaken as research for her book, she began to master her "inner child." By including others' tales of self-actualization through a "revolution from within"--the creation of a winning chess team in Spanish Harlem, the transformation of a housewife into an entrepreneur, etc.--Steinem illustrates how others' psychic journeys may lead in much different directions than her own. Still, much of what is recommended here will strike many as old hat--and, in the end, more interesting as an update on the feminist's life than as a practical aid to others. A piquant counterpoint to recently revitalized, outer-directed feminist fashion. -- Copyright ©1991, Kirkus Associates, LP. All rights reserved.

Review

"Gloria Steinem dared to look behind the bravely smiling face she presented to the world for many years to encounter a not-so-bravely smiling inner self." —Alice Walker

"The ultimate self-help book." —*Los Angeles Times*

"The book that could bring the human race a little closer to rescuing itself." —Naomi Wolf

## **Users Review**

### **From reader reviews:**

#### **Teddy Mendoza:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite publication and reading a e-book. Beside you can solve your condition; you can add your knowledge by the e-book entitled Revolution from Within: A Book of Self-Esteem. Try to stumble through book Revolution from Within: A Book of Self-Esteem as your buddy. It means that it can for being your friend when you experience alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you considerably more confidence because you can know every thing by the book. So , let's make new experience along with knowledge with this book.

#### **Elaine Bell:**

As people who live in often the modest era should be revise about what going on or information even knowledge to make these people keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by looking at books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This Revolution from Within: A Book of Self-Esteem is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

#### **Susan Ross:**

Often the book Revolution from Within: A Book of Self-Esteem will bring you to definitely the new experience of reading any book. The author style to describe the idea is very unique. In case you try to find new book to read, this book very appropriate to you. The book Revolution from Within: A Book of Self-Esteem is much recommended to you to study. You can also get the e-book from the official web site, so you can quicker to read the book.

#### **Timothy Wrobel:**

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