Dr. Kevin Solomons, Clinical Associate Professor in our department, has just published a book titled Born To Be Worthless: The Hidden Power Of Low Self-Esteem. This deliberately provocative title is intended to arouse curiosity since it seems counter-intuitive that low self-esteem might be powerful.

The book offers a fresh way of understanding self-esteem and its relationship to common psychiatric problems of mood, anxiety, personality and related disorders. It is written in a popular self-help style and may be useful for psychiatrists, therapists and patients alike.

The book is available in soft cover format from Create Space and from Amazon, and can be ordered from the links below. It will be available in electronic form in a few weeks.

Amazon positions titles based on the number of reviews it receives. You are invited to read it, review it on Amazon (or anywhere else), and recommend it to others.

Dr. Solomons will donate 10% of the royalties to KidSafe, a charitable organization that provides programming and mentoring for at-risk inner city kids in Vancouver.

Dr. Solomons is planning a book launch later in the summer. Please let him know if you’d like an invitation.

Kindly direct any feedback about the work to Dr. Solomons at ksolomons@shaw.ca

https://www.createspace.com/4079116
http://www.amazon.com/dp/148114071X