



## ***Meet Marilyn Sorensen PhD***

**Marilyn J. Sorensen PhD** has become an international ‘expert’ for her work on self-esteem, especially her Low Self-Esteem Recovery Program, recognized as a successful guide for those with low self-esteem (LSE). Founder of the Self-Esteem Institute, she has written numerous books on the subject, now published in five countries and translated into six languages. She holds a doctorate of philosophy in clinical/counseling psychology, Western Conservative Baptist Seminary. She also holds Masters degrees in counseling and music from University of Nebraska.

An unlikely worldwide success based on the conditions of her early life, Dr. Sorensen’s inner drive to rise above those circumstances propelled her to disprove the doubters and to make a difference in the lives of people throughout her career. She worked with many, first as a music teacher, then as a therapist, director/owner of a counseling center, and a clinical psychologist. After years of disagreement with the psychology establishment’s evaluation of LSE as a symptom rather than a cause of distress, she set aside her license and became a specialist in self-esteem issues. She has worked individually and in workshop/conference settings with hundreds of people. In addition, she has taught her techniques to thousands of counselors and psychologists in seminars in 60 major U.S. cities and to others in Newfoundland, Canada.

Dr. Sorensen has received many national and international awards and honors for her work:

**BRISTOL (ENGLAND) WHO’S WHO HONORS Marilyn J Sorensen, PhD as a member to appear in the 2014 Edition of the Bristol Who’s Who Registry of Executives and Professionals**, having pursued excellence, maintained perseverance, and ascended to the summit of professional accomplishment.

A crystal award: IAOTP (The International Association Of Top Professionals) HONORS DR. MARILYN SORENSEN AS TOP AUTHOR OF THE YEAR FOR 2016-2017

A crystal award: IAOTP (The International Association of Top Professionals) PRESENTS TO MARILYN SORENSEN THIS LIFETIME OF ACHEIVEMENT & SUCCESS AWARD, 2017.

The first of many awards came in 1979, when she was named one of the *Outstanding Young Women in America* while working on her third Master’s degree and as Director of Youth Ministries at First Baptist Church in Lincoln, Nebraska. One of her greatest rewards came when she received her PhD and the first-ever standing ovation from the entire student body, faculty, and audience at Western Conservative Baptist Seminary, a nearly all-male school.

Dr. Sorensen grew up with her own low self-esteem. In her early career as a teacher, she saw how her efforts and her philosophy in teaching music and coaching girls’ athletics helped young people feel better about themselves. Understanding low self-esteem issues and developing a successful treatment program to heal herself and to help others became her goal, which led to her first book: ***Breaking the Chain of Low Self-Esteem***, published in 1998.

***The Sorensen Low Self-Esteem Recovery Program™*** will likely be her last book on low self-esteem, though she is currently writing her memoir. Dr. Sorensen lives in Eugene, Oregon, with her German Shepherd, Jake.

**For more information, visit [GetEstem.com](http://GetEstem.com)**