

Learning To Love Yourself, Revised & Updated: Finding Your Self-worth - Sharon Wegscheider-cruise

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We all come into this world full of promise and possibility. For some, when born into a healthy and highly functional family, the journey is quite easy, with guideposts and directions given freely. However, that is a very small population of people. Most of us were born into families that were in their own way struggling for independence, accomplishment, safety or security. For the millions of people who grew up in painful families, whether by absent parents, abusive parents, or those who were ill-equipped, noted therapist Sharon Wegscheider-Cruise shows that they do not have to follow a family tradition of compulsion or addiction. In the revised edition of the classic *Learning to Love Yourself*, Wegscheider-Cruise explains that it is possible to create our own self-worth at any time in our lives, even as adults. She guides readers on a journey to greater self-worth, explaining how to eliminate toxic self-defeating messages, how to choose healthier, new perspectives, and how to reinvent yourself each day open to a world of possibilities. Author: Wegscheider-Cruise, Sharon Publisher: HCIo001 Illustration: N Language: ENG Title: Learning to Love Yourself, Revised & Updated: Finding Your Self-Worth Pages: 00240 (Encrypted EPUB) On Sale: 2012-05-01 SKU-13/ISBN: 9780757316159 Lib Category: Self-esteem Category: Self-Help : Personal Growth - General Category: Self-Help : Personal Growth - Self-Esteem

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