



Learning to Love Yourself: Finding Your Self Worth

Sharon Wegscheider-Cruse

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Learning to Love Yourself: Finding Your Self Worth Sharon Wegscheider-Cruse

Paperback. Pub Date: 1991 Pages: 128 Publisher: HCI We do not have to follow a family tradition of COMPULSION or addiction. In Learning To Love Yourself We can choose our own self-worth. It is necessary for us to get rid of our toxic self-defeating messages. and choose positive changes. Learning to Love Yourself is a journey to self-worth - Sharon Wegscheider-Cruse shows you new perspectives and guides you to higher self-worth so that finally you can love yourself. Sharon Wegscheider-Cruse was president of ONSITE Training and Consulting. Inc .. of Rapid City. South Dakota for many years. While there. she developed two residential programs. one is co-dependency treatment the other is a family reconstruction workshop.

Learning to Love Yourself: Finding Your Self Worth Details

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Author : Sharon Wegscheider-Cruse

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From Reader Review Learning to Love Yourself: Finding Your Self Worth for online ebook

Daniel Stern says

If you are someone who continually struggles with self worth regardless of the circumstances and achievements in your life, this is a book of awareness and healing. Wegscheider-Cruse gives a thorough explanation of how you have come to this point, strategies for improving and eliminating the distortion, and wisdom to extend into your life's journey.

Amy Haddon says

Provided some good information, but I was looking for it to offer more in the way of helpful work.

Autumn says

This book felt a bit dated but contained some good information, particularly in the first third. Like a lot of books like this, it had a lot of good information on the problem and less on the solution, or strategies for managing emotions and feelings. I felt like the last portion just included a lot of general therapy talk that wasn't of use to me and the book lost focus. I probably would not recommend this one overall.

Shannon McGee says

The book was very helpful and comforting at times. It written with loving care and easy to follow. It is not one of those self help books where you read a chapter and then have to perform what is said, you are instead able to continue and absorb what was read and continue to the next chapter.

I felt like this is a book where you can read over and over again gaining the loving feeling every time it is read because you are bound to take much time to learn to love oneself. Rereading will help gain that love.

Whole And says

An excellent beginners guide learning to love oneself, gaining personal credibility and in so doing, building self worth. Simple steps on the journey to self worth are laid out with discussions on emotions, relationships and all the practical nuts and bolts of what takes us away from our self worth and what brings us back to ourselves.

A well rounded, cover every angle self growth book. The author showing us it's possible to heal ourselves from all sorts of traumas, move forward and live passionate integrated whole lives.

Arlene says

This is a short book. And yet, it can take forever to get through. That's the beauty of it. I think that learning and living these things is a long (life long perhaps) process, and I really enjoyed this portion of my process.

If you've ever thought you weren't good enough.. and that became a bad habit, you should definitely try to read this book. Some of it is very campy, but all of it is true. (in my opinion)

I will probably continue to read this one over and over again until I feel like I've attained a greater sense of self worth across the board.

Farzaneh says

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Mahboobe says

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Mahshid Parchami says

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Donna Goetter says

How can we love others if we do not love Yourself? Finding your self-worth I say is the most important thing to learn. otherwise you can not truly love others. great book.

Jenny says

I found this book at a hostel and thought it was worth a read. It's written primarily for people who have experienced growing up in alcoholic homes, but still has a lot of tips for increasing self worth. Definitely gave me a lot to think about and helped join a few dots.

Maile says

Easy read. Stuff I've read before but a few things hit some spots this time.

Safa Atassi says

I will read it later, on my waiting list.

L.A. Jacob says

What a stupid book. Written in very simple language, it discusses your inner child and things like that. I thought that whole idea was passe'. I should have known by the cover how dated it was. I also saw a few spelling errors.

TW Yeung says

everybody needs to learn to love themselves, or the path to attain happiness is twists-laden if at all accessible. having been always on the journey to renew myself in a better manner and live in a fuller expression, i find this book not only refreshingly inspirational but also too simple in conveying the complex concept of what self-worth really is.

if u ever consider reading a self-help book, this may not be the pow-wow bestseller but it definitely is but a wonderful beginner's guide. if ur an experienced reader in the category, u would only find the author's words a strong reminder of an easily forgotten commandment.
