



# Learning to Love Yourself: Finding Your Self-Worth

By Sharon Wegscheider-Cruse



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

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.



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### **Editorial Review**

From Publishers Weekly

The director of a Texas clinic that specializes in treating chemical dependencies and family problems, Wegscheider-Cruse gears this guide specifically to adult children of alcoholics and generally to anyone suffering from low self-esteem. She offers a definition of self-worth "my valuable identity deserving all good things" and urges readers to change damaging habits, rethink past experiences and develop new behaviors that enhance emotional growth. Her detailed advice is sometimes sensible to raise self-worth, she writes, we need to become aware of the "forces of our past which have held us back." But sometimes she is unhelpful, as when she suggests that those who cover their low self-worth with compulsive busyness "make home-made bread" or "build a birdhouse."

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About the Author

**Sharon Wegscheider-Cruse**, is a nationally known consultant, educator and author. She was the founding chairperson of the National Association for Children of Alcoholics. She is a family therapist who has conducted workshops around the world and has consulted with the military, school systems, business and industry, treatment centers and corporations. She is a past winner of the Mary Mann award as a top communicator. She has appeared on "The Phil Donahue Show," "The Oprah Winfrey Show" twice and "Good Morning America." She lives in Las Vegas.

### **Users Review**

**From reader reviews:**

**Frances Feist:**

In this 21st centuries, people become competitive in each and every way. By being competitive today, people have do something to make these people survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yeah, by reading a reserve your ability to survive increase then having chance to remain than other is high. For you personally who want to start reading the book, we give you that Learning to Love Yourself: Finding Your Self-Worth book as starter and daily reading guide. Why, because this book is greater than just a book.

**Bonnie Mentzer:**

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**Michael Hale:**

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