



Learning to Love Yourself: Finding Your Self-Worth

Sharon Wegscheider-Cruse

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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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