



## Who Me? Worthwhile? Yes, You!: A Workbook on Improving Your Self-Image (Paperback)

By Glenda L Hunter

Wipf Stock Publishers, United States, 2009. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description: Who Me? Worthwhile? Yes, You! is a workbook to help you evaluate where you stand with yourself. As an abused individual, I feel it necessary to change the way one sees who one is. Many people have a low self-image. We think we are who others say we are, when in fact their view of us might be very wrong. It is easy to see good qualities and value in other people, but when it comes to who we are, the tables can get turned. Our vision is sometimes colored by what hides deep inside. This workbook is designed to help us take a deep look into what makes us the people we are. Emotions play a part in our make-up; therefore, in discussing those, we can better evaluate the true nature of our total being. Looking at Scripture helps us to reevaluate who we are in God. It gives us the hope and help needed to better our lives. The Bible also has many quotes and stories that are relevant today. It applies to...



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