



What Is Your Self-Worth?: A Woman's Guide to Validation

Cheryl Saban Ph.D.

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Psychologist, philanthropist, and family advocate **Cheryl Saban, Ph.D.**, is on a mission! *What Is Your Self-Worth?* is a “call to action” for women around the world to take a look at how society perceives them, how they perceive themselves, and how women can adopt a personal mind-set (*choosing* happiness). You *can* form new habits! You *can* find your voice! *Unlearn* a perceived lack of control over your life.

Uncover, rediscover, and express the worth that is innately yours, regardless of what others may say or do to make you doubt it. Your core authentic self is your truth . . . what you believe in and care about, where you come from, who you are. With a strong sense of self, you are able to view outside influences objectively—as merely *outside influences*.

With interactive tasks and quizzes for self-assessment and growth that uniquely personalize the book for *you*, Cheryl helps you proactively express and own your sense of validity. She reveals the simple yet powerful truth about a woman’s self-worth through relevant research and by divulging her own personal life challenges and triumphs, including the horror of rape; the marginalization of divorce; the difficulty of single-parenthood; and ultimately a fulfilling 20-year marriage and a dynamic, successful life.

Once you’ve rediscovered yourself, you’ll be eager to pass this knowledge forward to your daughters *and* sons.

One hundred percent of the author’s proceeds from this book will benefit women’s funds.

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