9 ESSENTIAL SELF HELP BOOKS THAT IMPROVE YOUR SELF WORTH

I hope you enjoy reading through this list and if you have read any of them or are interested in a particular few I would love to hear about it, so be sure to leave me a comment below.



- [ ] 1. DARING GREATLY: HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD BY BRENÉ BROWN
- [ ] 2.PRESENCE: BRINGING YOUR BOLDEST SELF TO YOUR BIGGEST CHALLENGES BY AMY CUDDY.
- [ ] 3. BRAVING THE WILDERNESS: THE QUEST FOR TRUE BELONGING AND THE COURAGE TO STAND ALONE BY BRENÉ BROWN
- [ ] 4. YOU ARE A BADASS: HOW TO STOP DOUBTING YOUR GREATNESS AND START LIVING AN AWESOME LIFE BY JEN SINCERO
- [ ] 5. UNLOCKING THE SECRETS OF SELF-ESTEEM: A GUIDE TO BUILDING CONFIDENCE AND CONNECTION ONE STEP AT A TIME BY MARIE HARTWELL-WALKER EDD
- [ ] 6. BIG MAGIC: CREATIVE LIVING BEYOND FEAR BY ELIZABETH GILBERT
- [ ] 7. THE COURAGE TO BE YOURSELF: A WOMAN'S GUIDE TO EMOTIONAL STRENGTH AND SELF-ESTEEM BY SUE THOELE
- [ ] 8. WOMEN WHO THINK TOO MUCH: HOW TO BREAK FREE OF OVERTHINKING AND RECLAIM YOUR LIFE BY SUSAN NOLEN-HOEKSEMA
- [ ] 9. UNWORTHY: HOW TO STOP HATING YOURSELF BY ANNELI RUFUS

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