



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

*Cheryl Saban*

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## **What Is Your Self-Worth?: A Woman's Guide to Validation** Cheryl Saban

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.

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