



Self-Worth: Devotional Series

J White

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I remember growing up being criticized about my height, thinness and most of all, my complexion. So much so, that I began to sink in a pool of self-doubt and self-hatred. These negative attributes spilled over into my personal, educational and professional career and led me on a path of self destruction trying to fill a void in the world that only God could fulfill. Since then, I've crossed paths with many people who fail to realize their self-worth. They are easy to spot because they stay in verbal, mental, emotional and physically abusive relationships. They also make excuses for allowing people to treat them as such, participating in their own downfall. In this book, you'll learn about self-worth and how to not only appreciate yourself, but how to handle outsiders that think they can mistreat you. If you don't value your time, resources, gifts and purpose, why should anybody else? -J. White

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