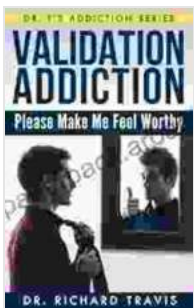


Unlock True Self-Worth: A Journey to Acceptance and Empowerment with "Please Make Me Feel Worthy, Dr. Addiction"

In a world where self-doubt and inadequacy often cast long shadows on our lives, Dr. Jason Greer, a renowned addiction and self-esteem recovery expert, offers a beacon of hope in his groundbreaking book, "Please Make Me Feel Worthy, Dr. Addiction." This thought-provoking and empowering guide takes readers on a transformative journey to break free from the shackles of low self-worth and discover the path to acceptance, empowerment, and lasting fulfillment.



Validation Addiction: Please Make Me Feel Worthy (Dr. T's Addiction Series Book 7)

★★★★☆ 4.4 out of 5

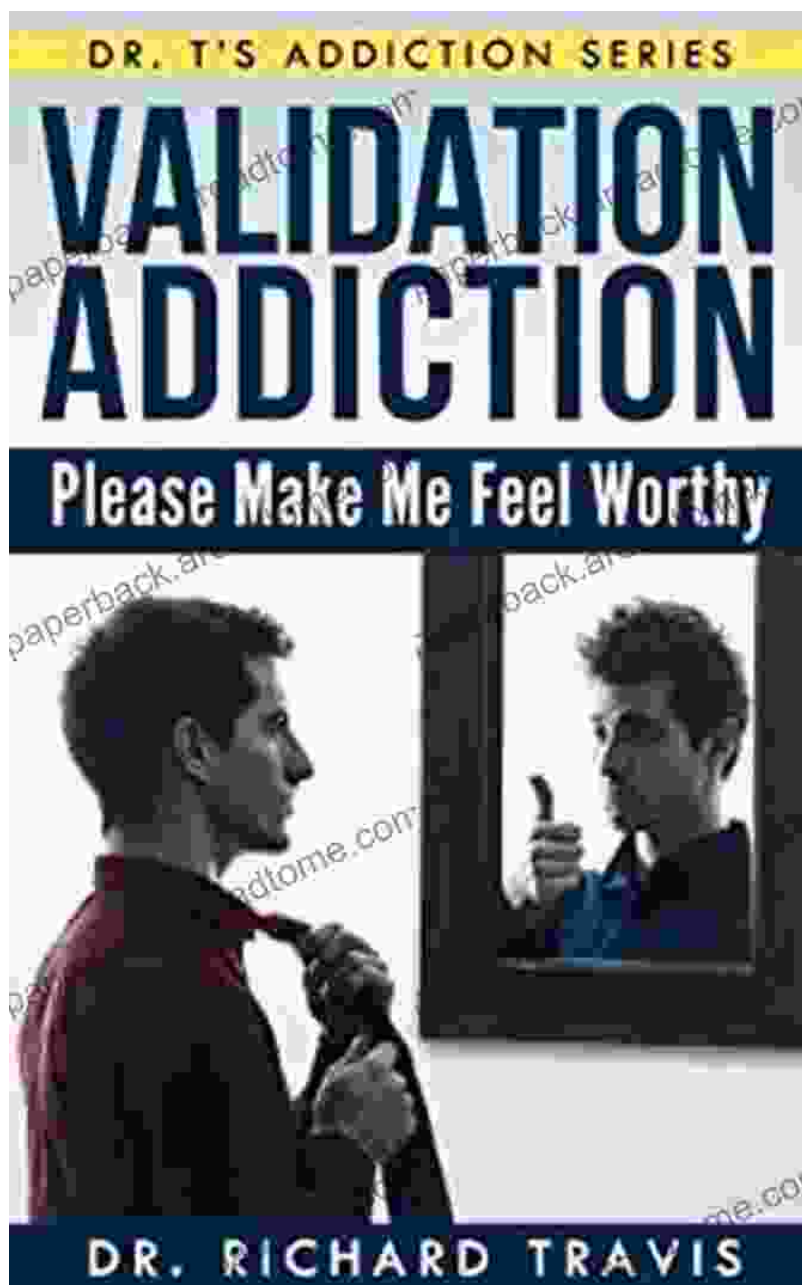
Language	: English
File size	: 5662 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 97 pages
Lending	: Enabled



The Epidemic of Low Self-Worth

Dr. Greer begins by addressing the widespread epidemic of low self-worth that permeates our society. He explains how this insidious condition stems from a complex interplay of factors, including childhood experiences,

societal pressures, and cultural expectations. He argues that low self-worth is not simply a personal flaw but a societal contagion that undermines our mental health, relationships, and overall well-being.



Addiction and Self-Worth

Dr. Greer delves into the intricate relationship between addiction and self-worth. He explains how addiction often serves as a coping mechanism for

individuals struggling with low self-esteem. By temporarily elevating their mood and providing a sense of escape, addictive substances can become a false source of validation and self-worth.

However, the false high induced by addiction is fleeting, and its long-term consequences can be devastating. Addiction erodes self-respect, damages relationships, and undermines overall health and well-being. By understanding the connection between addiction and self-worth, Dr. Greer empowers readers to break free from both the clutches of addiction and the cycle of self-doubt.

The Journey to Acceptance

At the heart of Dr. Greer's approach lies the belief that self-worth is not something that can be achieved externally but rather a state of mind that must be cultivated within. He guides readers through a series of exercises and strategies designed to help them challenge negative self-beliefs, embrace their strengths, and develop a healthy sense of self-acceptance.

Dr. Greer emphasizes the importance of self-compassion and forgiveness as essential tools for fostering self-acceptance. He teaches readers how to be kind to themselves, forgive past mistakes, and recognize their inherent value, regardless of their flaws or limitations.

Empowerment through Self-Esteem

Once readers have established a foundation of self-acceptance, Dr. Greer empowers them to build upon this foundation by developing healthy self-esteem. He differentiates between authentic self-esteem, based on a true understanding of one's strengths and weaknesses, and false self-esteem, based on external validation and comparison to others.

Dr. Greer provides practical tools and techniques for developing genuine self-esteem. He teaches readers how to set realistic goals, celebrate their accomplishments, and cultivate an attitude of gratitude. By embracing their unique qualities and focusing on their personal growth, readers can unlock their full potential and experience lasting fulfillment.

The Power of Transformation

"Please Make Me Feel Worthy, Dr. Addiction" is not merely a book about self-help but a catalyst for personal transformation. Dr. Greer's approach is grounded in the belief that everyone has the capacity for change and growth. He inspires readers to embrace their own power and become the architects of their own destinies.

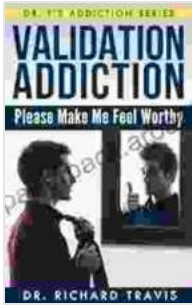
Through his compelling storytelling, real-world examples, and evidence-based interventions, Dr. Greer empowers readers to break free from the chains of low self-worth and addiction and embark on a journey towards a life filled with purpose, meaning, and fulfillment.

"Please Make Me Feel Worthy, Dr. Addiction" is an essential guide for anyone seeking to heal their relationship with themselves and unlock their true potential. Dr. Jason Greer's compassionate and empowering approach provides a clear roadmap for overcoming low self-worth, breaking free from addiction, and embracing a life of acceptance, empowerment, and lasting fulfillment. By investing in this transformative book, you invest in your own well-being and the possibility of a brighter future.

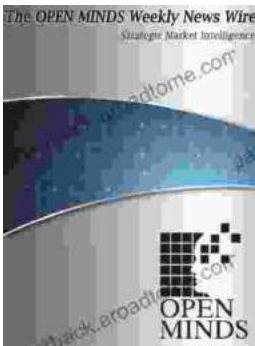
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