

Books on Self-Worth:

Honoring the Self: Self-Esteem and Personal Transformation - by Nathaniel Branden.

Overcoming Low Self-esteem: Self-help Guide Using Cognitive Behavioural Techniques – by Melanie Fennell.

Raise Your Self-Worth: 20 Essential Self-Esteem Boosters for Women Book 1 – by Marianne Bright

Self Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem –by Matthew McKay & Patrick Fanning.

Self-Esteem Affirmations: Motivational Affirmations for Building Confidence and Recognizing Self-Worth – by Louise Hay (Audio CD, Audiobook)

The Self-Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths – by Matthew McKay PhD, Patrick Fanning, Carole Honeychurch, Catharine Sutker.

What Color Is My Parachute? - by Richard Bolles, for identifying your career strengths, weaknesses, and preferences.

Worth It – by Nicki DeStasi