



Know Your Worth: Conquering Your Past for a Powerful Future

By Jessica Vaughn

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Know Your Worth: Conquering Your Past for a Powerful Future By Jessica Vaughn

If you've ever felt like you weren't good enough, smart enough, pretty enough, thin enough, strong enough, worthy enough or doing enough, this book is for you!

If you knew what you were worth, would you settle for anything less?

It's not uncommon to feel inadequate, whether it's issues surrounding your career, relationships, or finances. You will discover gems to apply in your own life as the author takes you through her journey of how she was able to overcome the unthinkable by realizing her worth wasn't tied into things or people but to God.

In this book, Jessica will show you how to:

- Stop settling for relationships that do nothing but cause you pain.
- Find the tools you need to be successful in life.
- Realize you are beautiful just the way you are.
- Refuse to settle for anything less than what God's best is for your life.
- Recognize that no matter what your past looks like, it doesn't have to be your future.

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Editorial Review

Review

"Powerful. Jessica writes in a very transparent style and really shares her heart, her faith and love for God. This book is very insightful and practical. Jessica weaves a narrative of loss and restoration." - *Jason Jones, creator of Healthy Families Made Easy Podcast* optimumwellnessandrehab.com/podcasthomepage

"Powerfully written from a place of transparency and authenticity, Jessica Vaughn is a gifted storyteller with a heart to share with others how God has taken places of brokenness and turned them into things of beauty." - *Trish Blackwell, author, and creator of Confidence On the Go Podcast* TrishBlackwell.com

From the Author

Follow the Know Your Worth Book Instagram account for daily inspiration
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About the Author

Jessica Vaughn has transformed the lives of thousands of people all over the world while mentoring and coaching other leaders to do exactly the same. If you are looking for balance in your life, whether with fitness, growing closer to God, keeping financial stability, knowing your worth, or honoring your relationships she is the first person to turn your can't into can. She is passionate about helping people live a confident and fearless life. Find out more about her at FitCoachJessica.com

Users Review

From reader reviews:

Brian Crafton:

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