

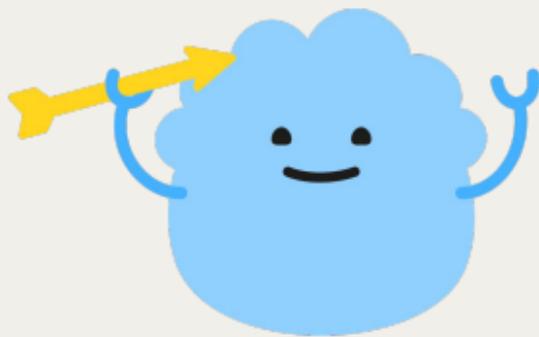
Want to manage low self-worth and body dissatisfaction leading to eating difficulties?



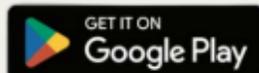
WORTH WARRIOR

# BUILD YOUR SELF-WORTH

To hit a target of worth takes practice and courage. Believe you can do it, keep trying and you will get there.



The stem4 Worth Warrior app is available as a free download



[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk)

@worthwarriorapp #worthwarrior #buildselfworth

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