

# Self-Worth

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## **Ilex aquifolium – Argentea Marginata**

### **Attaining self-worth and self-esteem**

A flower essence for helping at all levels, with self worth and self esteem... those elusive qualities that appear to be so hard to attain.

There are many reasons why most people are unable to feel a natural, healthy sense of self-worth. This flower essence addresses all of these underlying emotional, mental, and spiritual issues.

**Affirmation:** “I release my self-judgement, and see my true worthiness.”

[Buy a bottle of this essence from our online store](#)