



Self-Love: Powerful Secrets for Developing Self-Love and Self-Esteem (Paperback)

By William Greenway

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book contains proven steps and strategies on how to love yourself and boost your self-esteem Do you habitually self-sabotage, frequently engage in negative self-talk, and belittle yourself for no good reason? Do you find yourself always complimenting others but somehow you always think that you are not good enough? If yes, you desperately need to learn how to love yourself because only when you learn how to love yourself can you boost your self-esteem and confidence and do everything you set your mind to do. If you are wondering how you can learn how to love yourself, then wonder no more because this book is the ultimate self-love and self-esteem guide. It will help you understand the importance of self-love, and teach you how to practice self-love by accepting and nurturing yourself. This book will also discuss relaxation techniques that are quite effective at overcoming negativity and self-hatred.



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