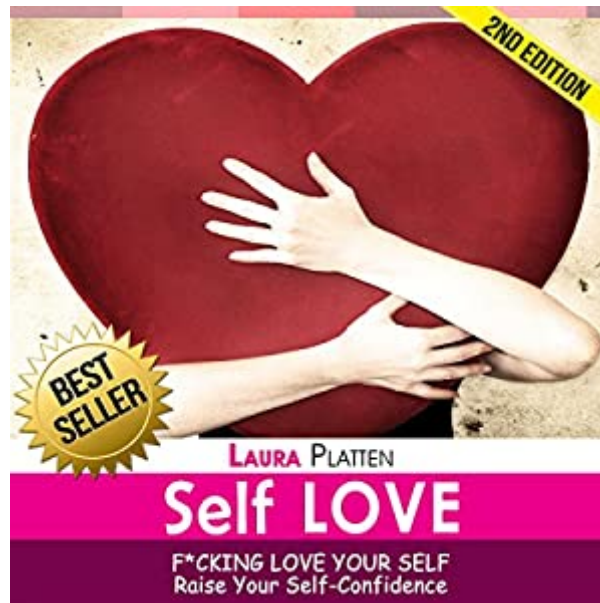




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Self Love: Raising Your Self-Confidence & Self-Esteem



Synopsis

Self-love is a complicated concept which often has negative connotations in today's society. This pessimistic idea of self-love does not truly represent what self-love is about, however. Self-love encapsulates the idea that you should accept and appreciate yourself for who you are and recognize the value that you contribute, your strengths and capabilities, and your right to be loved and treated with kindness and respect. This book will provide you with a thorough examination of the concept of self-love and how to accomplish it. First, we will start with an in-depth discussion of what self-love is (and is not) so that you truly understand what self-love is. Once you have a proper understanding of what self-love is, we will examine why it is so important for leading a full and happy life. Next, we will look at how you can get started on your journey to self-love. This chapter will take you through the four stages of making any substantial change in your life: awareness, reflection, changing along the way, and integration. The chapter will also provide some overall guidelines as to how to go through each of these stages so that you will eventually achieve your goal of self-love.

Book Information

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Customer Reviews

This guidebook is well written and helpful. A few weeks ago I purchased this book for the sake of improving my self-confidence & self-esteem. Inside of this Self Love:: Raising Your Self-Confidence & Self-Esteem (Love Yourself, Self Acceptance, Self Confidence, Self Esteem, Self Improvement, Happiness) book the author Laura has described lots of effective techniques for enhancing our self-acceptance, self-confidence, self-improvement & self-esteem. With the help of this book, I have learned how to surround myself with positive people. The author, Laura Platten has

described each point and lesson step by step. If you have trouble with loving yourself and finding a perfect guidebook, then this book will be a perfect choice. This is my honest recommendation and opinion. I would like to recommend this book to all.

I am amazed the positive vibes in this book. Reading a book like this when you are alone and confused at yourself is very helpful. I bought this because it seems helpful. When your self-esteem is low, the concept of loving yourself is completely foreign. You see yourself as lacking and unworthy and feel there's nothing to love. In fact, there seems to be far more reason to loathe yourself than love yourself. Shared some helpful daily tips and tricks to achieve self love and achieve high self esteem. When you practice and become skilled at something you enjoy, your increasing competency and the discipline of practice will be a source of pride and fulfillment for you.

For me, it's hard to appreciate myself because of the things I fear and the failures I had. But this book provided a thorough examination of the concept of self-love and how to accomplish it. This book explains how self-love and self-esteem could be learned and understood and then start appreciating one's self. With this book, we will have extensive understanding of what exactly is meant by self-love and how incredibly important it is to living a full and healthy life. This is a great book to unleash the greatness within that is being suppressed by our timid nature. Great job for the author on this book.

This book explains how everyone should love themselves for who they are and not for someone they have to be! This book gives a great explanation on how loving yourselves can make you happy and successful. It explains how you can reconnect with your true self, how to cleanse yourself from negative thoughts, how to eat healthy to improve your well being and much more! This book is great and very helpful to just taking a step back and seeing things in a different perspective. I recommend this book as it can build you self esteem to a healthy level.

If you don't prioritize yourself, you can become a toxic person yourself. Stop feeling guilty every time you say no to someone. You need to take care of yourself first. This is not selfishness, this is only logical. If you don't take care of yourself, you'll soon be the one needing to be taken care of. You are allowed to terminate toxic relationships. You are allowed to walk away from people who hurt you. You

don't owe anyone an explanation for taking care of yourself. Your life is more important than others.

This book explains that what the self love actually is. I have always been confused about the concepts of self loving and selfishness and thanks to this book which not only gave me a clear idea about it but also told me how the self confidence is closely related to self-esteem. What we choose to learn beyond our basic education is something that empowers us to do something extra-ordinary in our lives and achieve big dreams we have.

Self-love is a necessary attribute of every successful man and woman. How can you fulfill your ambitions and conquer love and respect of the others, if you do not love yourself? This is not possible. This book is a good assistant in goal achieving. I like the definitions this book is providing. I've had similar ideas myself but I figured out it helped me to somehow sort out the things in my head. Activities for 30 days, daily tips, and tricks for the achievement of self-love were practical. So it was a great read for me.

SELF LOVE This book is awesome. I learned several techniques that I can apply immediately. This book contains proven steps and strategies on how to boost my self-confidence and overcome my fears. It actually taught me on how to trust myself with the knowledge and skills that I have. It is truly helpful which I can share with my family and friends and I'm pretty sure they'll all going to like it. I recommend this because it's informative, motivational and very inspiring book.

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