



The Self-Love Affair: A Woman's Guide to a Daring & Mighty Life (Paperback)

By Katie Phillips

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. To feel happy and connected is your right. Feeling worthy of a life full of love, peace and deep satisfaction is not the Holy Grail. Worry, anger, guilt and a lack of self worth are NOT your truth. The truth of you is free, empowered, abundant and joyful. You shine from the inside out. You are quite something to behold! If you are ready to make the decision to become the best version of you, I can show you how to begin your Self-Love Affair, master your life and never look back. * Get to know who you really are as we identify and clear out the layers of limiting self-beliefs and destructive patterns of behaviour so that you may begin to consciously create your deepest desires; * Reconnect with your Spirit, your purpose and your values and learn to be guided by those, rather than the expectations of others; * Witness the miraculous support of the Universe as you awaken to the fact that we are all one, that everything is connected and we are held by the most awesome power of love; *...

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