

BOOKS ABOUT HOW TO LOVE YOURSELF



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10 Self-Love Books That Will Change Your Life by Anne-Sophie Reinhardt | Sep 22, 2013 | Blog | 9 comments

There are times in our lives when we need a little inspiration, encouragement and a lot of insight from others in order to return to a place of self-love , self-acceptance and healing.

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The main thing that I take away from her teachings is the simple phrase: "I love and accept myself deeply and sincerely." It has become my mantra to counteract shame-based messages. If you have a difficult time loving yourself, you might want to consider giving yourself the gift of this teaching.

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In one of my recent articles on MindBodyGreen, some of the commenters asked me how to go about loving

yourself. They especially wanted to know what the specifics are, since it's so easy to tell someone, "Love yourself," and much more difficult to describe how to do it. Inner bonding is a powerful

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