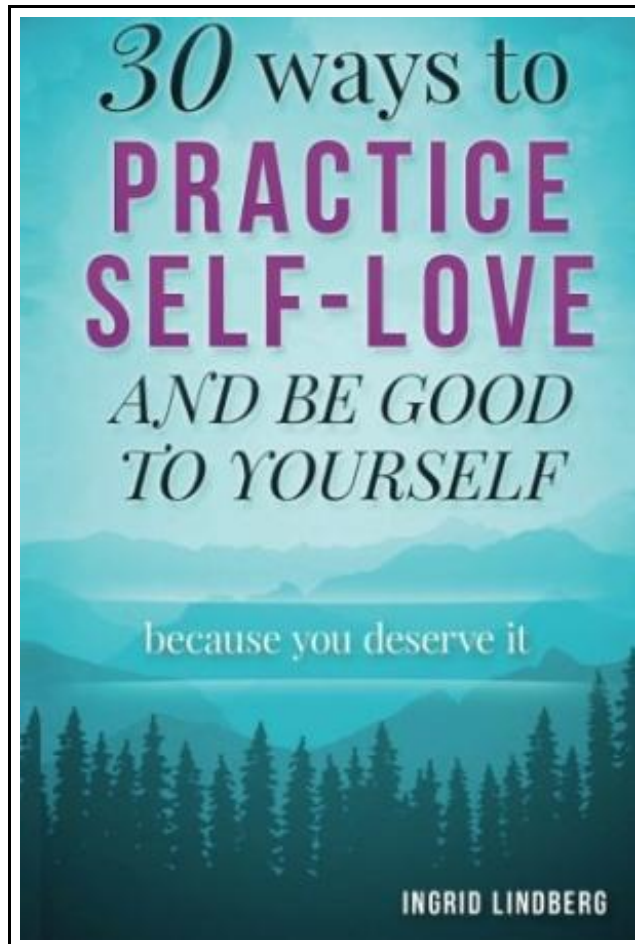


30 Ways to Practice Self-Love and Be Good to Yourself: Because You Deserve It



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Reviews

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(Bernardo Feeney Jr.)

30 WAYS TO PRACTICE SELF-LOVE AND BE GOOD TO YOURSELF: BECAUSE YOU DESERVE IT



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****."When there is no enemy within, the enemies outside cannot hurt you." ~African Proverb Do you ever look at people who are successful, healthy and happy and wonder what their secret is? Why you can't be like that? After more than a decade long struggle with emotional eating, depression, and low self-esteem, I realized that the reason I couldn't be happy like the people I envied was that I didn't love myself. For me, developing self-love has been profoundly healing. I can hardly believe how effortless it has been for me to quit overeating, exercise daily, attract a loving relationship, and have the career of my dreams. Nowadays, people come to me for counseling, convinced that they're hopeless. There's no way they can learn how to unconditionally love themselves! I meet people who say they envy that I love myself, since they're too messed up, worthless, unattractive etc. to be loved. The reasons they believe this vary greatly, but the common ground is that they were made to feel unlovable, unaccepted or worthless in the past and feel too low to recover. You may recognize yourself in the following stories: How can I love my fat body? I hate it. I was abused as a child and told I deserved it. I do so much to please others and they do nothing in return. My dad said I wasn't smart enough to amount to anything so why try. I've been put down by my family since childhood. It's too late to change that low opinion I've had drummed into my head. My first real love criticized me non-stop and I can't let go of...



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