



Love Yourself and Stop Hurting: A Complete Guide to Empowering Yourself

Kristine Hester

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Love Yourself and Stop Hurting A Complete Guide to Empowering Yourself The amount of love that you have for yourself can greatly affect many things and aspects in your life. This is the main reason why self-love is an important aspect of living. This book is a complete guide to making you love yourself more by helping you boost your self-esteem and raise your confidence level. This book will show you how to love yourself and teach you the process of self-love. Whether you are suffering from lack of self-esteem or feeling unappreciated by the people around you and yourself, it is time to start your journey to self-love. •If you look at the people you love and try to measure or picture how much love you have for them, how do you see it? Look at yourself and try to visualize the amount of love that you think people have for you, how do you see it? Now look at yourself and evaluate how much you love what you see. Do you like yourself too much, or do you lack confidence and self-esteem? Self-love was not generally taught in school. The things taught to students in values class often include how to love others and express their gratitude or appreciation to other people more than how to love themselves. Maybe this came from the notion that people are automatically born with love for themselves, simply because they exist and they live. However, not everyone possesses this kind of love. Some simply do not like themselves too much, while some do, but their love has deteriorated or lessened as time goes by and after going through a number of challenging life experiences. It is true that as people go through life, it throws them painful experiences and trials along the way. However, they are not valid reasons for you to tell yourself that you are not good enough. This book will show you how to overcome those negative feelings that you experience when you are hurting.



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Margaret James:

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