



101 Things That You Are: Getting Back To the Basics of Self-Love

Kathleen D. Mailer

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87% of Women feel that 80% of the time they are completely burnt out and just can't function anymore. You tirelessly navigate others' lives so that they can know how much they mean to you. You constantly go out of your way to ensure others' comforts and ease their pains. You know that time is of the essence to complete the endless lists of things you choose to do. You do all these things, not out of a sense of obligation, but out of a sense of joy. BUT...Sometimes, it can be too much. Sometimes you need to turn that TLC radar beam on high and point it directly at your own soul. READ THIS 'LITTLE TREASURE' DAILY AND FIND YOURSELF REFUELLED, ENERGIZED, INSPIRED AND MOTIVATED. Take time to enjoy the simple moments, because they will last forever.

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