



Love Yourself You Matter: Discover How to Accept, Respect & Love Yourself

Linda Siegmund

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Acceptance! Love! Respect!

Three little words, yet the impact they have on the quality of our lives is enormous. Too many people believe that acceptance, love and respect are only valid when other people give it to them. They work everyday to earn the approval of their parents, their friends, their work colleagues, the neighbours next door, the media... In the process they become dissatisfied with their lives. They lose every sense of who they actually are and what makes them unique.

Does this feel like you?

Then this book is for you, it will help you begin that journey towards learning to accept, love and respect yourself. In here you'll find strategies to know yourself, understand yourself and accept yourself. The aim is to get you to love yourself, not despite who you are, but because of who you are.

Here Is A Preview Of What You'll Learn...

- What Is Your Personality
- How To Process & Resolve Your Past
- How To Forgive Those You Feel Hurt You And Yourself
- Accept Your Shortcomings
- Cultivate Self Compassion
- Celebrate Your Strengths
- How To Give Yourself A Support System
- Much, much more!

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