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To love yourself, you need time  
away from noise and distraction.  
Sit quietly in a room or lay down  
on your bed with your eyes closed

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and just breathe in and out, appreciating the solitude of the moment. 5. Listen to your intuition. There is an inner voice some people pay more attention to than others.

How to Learn To Love Yourself

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looking after your wellbeing and  
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Learn and practice these six steps to gradually start loving yourself more every day: Step 1: Be willing to feel pain and take responsibility for your feelings. Step 1 is mindfully following your breath to become present in your body and embrace all of your

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like to please other people, so we tend to stretch ourselves too thin and commit to everything we can. We can forget to look after ourselves sometimes, so that's why it is good to say no. Focus on yourself when you can, or if you are overwhelmed. 8.

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3 Ways to Learn to Love Yourself |

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Presents advice on overcoming a dysfunctional family or adverse life circumstances and shares a series of simple techniques to increase feelings of self worth and acquire a more positive and healthier perspective on life.

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THE SELF-PUBLISHED  
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didn't publish Love Yourself Like

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Your Life Depends on It. Here I was, a CEO who'd fallen apart after his company failed, writing a book about how loving himself saved him. I thought I'd be a laughingstock and my career would be finished. But I stepped through the fears and shared my

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truth with the world. The book went viral. Amazing people all over bought copies for friends and family. For some, this book saved their lives. For others, it was the first time they ever loved themselves. Many readers reached out and asked questions.

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This taught me that, to create lasting impact, I had to go deeper. So, seven years later, here it is. All the questions I received, resolved. My intention is that by the time you finish this new edition, not only will you be committed to loving yourself,

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you'll know exactly how to do it.  
And, most importantly, how to  
make it last.

Stop Being Mean to Yourself is a  
compassionate guide filled with  
new ideas for overcoming the  
pitfalls of guilt and self-doubt, and

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that of her revolutionary best-seller *Codependent No More*, Melody Beattie conducts us through teeming Casablanca, war-torn Algeria, and the caverns of Egypt's great pyramids as she embarks on a new kind of journey of the soul. An enlightening blend

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of travel adventure and spiritual discovery, filled with new ideas for overcoming the pitfalls of guilt and self-doubt, Stop Being Mean to Yourself is a compassionate tour guide for the troubled and the heartsick, for those who seek a happier place in the world. A

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tale that is at once modern and timeless, rich with the promise of personal discovery, it is a book about learning the art of living and of loving others -- and ourselves. As full of suspense and excitement as it is of hope and encouragement, it is as rewarding



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for its pure reading pleasure as  
for the wisdom it imparts. About  
the Author: Melody Beattie is the  
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Language of Letting Go, A  
Codependent's Guide to the

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Twelve Steps, and Journey to the Heart. Beattie's writing draws on the wisdom of Twelve Step healing, Christianity, and Eastern religions.

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The book is available for free download on various platforms. You can find it on Amazon Kindle, Google Play Books, and Apple Books. The book is also available as a PDF file for free download. The book is a self-help guide that teaches readers how to love themselves and how to overcome self-doubt. The book is written by a professional therapist and is based on cognitive-behavioral therapy (CBT) techniques. The book is a practical guide that provides readers with a step-by-step process for learning to love themselves. The book is a must-read for anyone who is struggling with self-esteem issues.



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, the book is a comprehensive guide to

understanding and improving your self-worth

through practical exercises and insights

from leading experts in the field

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wants to learn how to love themselves and  
others. It is a practical guide to self-love and  
self-respect. It is a book that will help you  
to understand your worth and to love yourself  
and others. It is a book that will help you to  
become a better person and to live a better life.

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Have you ever dreamed of a life full of laughter, love, and sequins ... but felt totally clueless about how to make it happen? You're

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not alone. Best-selling author and speaker Gala Darling spent years in soul-sucking jobs, battling depression, an eating disorder, and a preference for chaos and disaster--simply because she didn't know how to create the life she dreamed about. In Radical



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Self-Love, you'll discover exactly what makes you so magnificent, and you'll gain a litany of tools and techniques to help you manifest a life bursting with magic, miracles, bliss, and adventure! Featuring fun homework exercises and cool

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do anything you want. It's time to throw off the shackles of expectation and judgment, and start living from your heart. It's time to astound yourself with how beautiful your life can be. It's time to treat every single day like a celebration! "I believe that radical

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self-love can go hand in hand with a ruby-red lip. . . . that learning how to love yourself can be a party: streamers, disco balls, helium balloons, and all!" xo, Gala "Radical Self-Love should be on every woman's bookshelf." -- Gabrielle Bernstein

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work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and

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deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to

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life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and



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You think you're smart, yet here  
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without caution. You ignore all the bad signs. You get attached. You get hurt. Heck, you're painfully attached. You know you have to let go but you can't seem to find the strength to move forward. This collection of essays will show you where that strength is and

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give you the inspiration you need  
to cut the strings of the past,  
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Outlines ten step to help readers  
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