



How to Love Yourself - Self-Esteem: Positive Thinking, Motivate Yourself

Tom Brown

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How to Love Yourself - Self-Esteem (Positive Thinking Book) Motivate Yourself

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Internet pages are full of articles that answer a question how to love yourself. In general, they follow a primitive advice: enjoy some shopping, smile to your reflection in the mirror, get involved into your favorite business or go for a walk. But, as practice shows, these recommendations don't work, otherwise, all unhappy people, full of hatred and scorn for themselves would have been disappeared from the face of the Earth.

In order to overcome dislike for yourself one needs to understand the heart of the problem. It is only understanding of deep reasons of what is happening will help to get rid of pain which has been gnawing human soul for decades.

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

- Why to Love Yourself at All?
- Having Done with the Question "Why?", We Go to the Question "How to Do This?"
- What is Dangerous in the State of Dislike for Yourself?
- Why is it Important to Accept and Love Yourself?
- How to Understand that it's Time to Change the Attitude Towards Yourself?
- How to Learn to Love Yourself?
- And if the Sense of Life Lies in Taking Care of the Others?
- Bonus – Practical Exercises (Complete collection - save \$2.99)
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