

Télécharger Livres Gratuit It Starts with Self-Love: The Secret to Improve Your Confidence, Build Better Relationships, and Live a Happier Life (PDF | ePub | Mobi)

Jennifer N. Smith DataBase Book



This book will help you realize that the only thing that's holding you back from having a better life is YOU! You had the key to turn your life around. By reading this book you will become empowered to take charge of your life and stop playing victim to life's seemingly impossible challenges.

In this book you will learn about:

1. Self-love and how it will help you to live a happier life;
2. The causes of lack of self-love;
3. The harmful effects of lack of self-love;
3. Reasons why you should practice self-love;
4. How you can let go of your mistakes and allow yourself to heal;
5. The importance of self-trust;
6. How you can trust yourself again;
7. How you can take charge of your life;
8. How you can embrace your uniqueness and celebrate your individuality;
9. How you can identify your strengths and use them to your advantages;
10. And lastly, the different habits you can practice daily to love yourself again.

Do not allow yourself to be forever trapped in self-defeating thoughts. Take that vital step towards the life that you truly deserve. We were all born with the potential to be great and make a name for ourselves and it's just a matter of choice if you choose to make something out of your life or not.

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