



## Love Yourself and Stop Hurting: A Complete Guide to Empowering Yourself

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By Kristine Hester

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 34 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Love Yourself and Stop Hurting A Complete Guide to Empowering Yourself The amount of love that you have for yourself can greatly affect many things and aspects in your life. This is the main reason why self-love is an important aspect of living. This book is a complete guide to making you love yourself more by helping you boost your self-esteem and raise your confidence level. This book will show you how to love yourself and teach you the process of self-love. Whether you are suffering from lack of self-esteem or feeling unappreciated by the people around you and yourself, it is time to start your journey to self-love. If you look at the people you love and try to measure or picture how much love you have for them, how do you see it Look at yourself and try to visualize the amount of love that you think people have for you, how do you see it Now look at yourself and evaluate how much you love what you see. Do you like yourself too much, or do you...



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