



Love Yourself: Heal Your Life (Self Esteem, Personal Transformation, Love Yourself First)

Michele Gilbert

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Can I Ask You A Question?.

How Can You Have Love When You Don't Feel Love....For Yourself!

. By learning to love yourself, you can achieve emotional well-being and open yourself to the love of others.

You must learn to purify your life of negativity, remove unhelpful influences, and reprogram your mind to better achieve a state of self-love.

You will learn strategies for accepting who you are as a person. You will learn to apply strategies to investing in your own well-being. These strategies will help you learn to be the person you always wanted to be.

Most importantly, by utilizing the strategies in this book you will learn what it means to love yourself.

Learn...

- A LOVE LIKE NO OTHER
- DEPROGRAM AND REPROGRAM
- ACCEPTANCE

- INVESTMENT

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