



# **Love Yourself - How To Fall In Love With Yourself Today (Self Love - Change Your Life Today By Learning How To Love Yourself Book 1)**

*Abigail Lucas*

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Do you love yourself? Do you practice self love everyday? Or are you like most people who are in need of a boost to your self esteem and self image?

If you do not practice self love or if you cannot truly say that you are in love with yourself, you are not alone. Many people have serious self image and self esteem problems.

The real question is – are you ready to make a change for the positive?

## **Inside this book on Learning How To Love Yourself, you will learn the following:**

- What Is Self Love
- The Benefits of Self Love
- Why You Need To Always Be Yourself
- The Importance Of Forgiving Yourself For Everything
- Why You Need To Have Trust In Yourself
- Why Sometimes Saying No To Others Is Absolutely Fine
- How To Pay Attention To Your Emotions
- The Importance Of Taking Care Of Yourself
- How To Stop Criticizing Yourself and Why
- How To Focus On The Positive
- Learning To Stand Up For What You Believe In

This self help book on how to love yourself is important for you! Learn the secrets to getting over your past, walking away from bad relationships and developing the confidence you need to fall in love with yourself. Self image and Self esteem are important topics, and everyone should know how to love and respect themselves to attain happiness.

If you do not know how to do this already, or you know that you do not love yourself to the best of your ability – this book is for you!

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