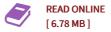# Talking to Myself: Reflections on Learning to Love Myself and Living Bravely (Paperback)

By Daniela Rivera Zacarias

Skyhorse Publishing, 2016. Paperback. Condition: New. Bilingual. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Daniela Rivera Zacarias believes everything happens for a reason, even if we cannot see it at the moment. This book began as her personal journal, her own attempt to discover her place in the world through analyzing experiences, relationships, and spiritual encounters. It evolved into a book--and then the beloved Hablando Sola brand with more than 2,100,000 Facebook likes--full of thoughtful questions and meaningful reflections that has inspired and uplifted hundreds of thousands of young people in Latin America. Now the book that has sold more than 200,000 copies in Latin America is available in English, coinciding with the brand s expansion into the United States as Talking to Myself. Zacarias guides readers on their own self-discovery journeys through simple, accessible musings and anecdotes. How do you learn to love yourself? she asks and then continues, I think it s impossible if you don t know who you are. The ensuing chapters include Love, Fear, God, Art, Beauty, Depression, Happiness, and more, tackling a wide range of...

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