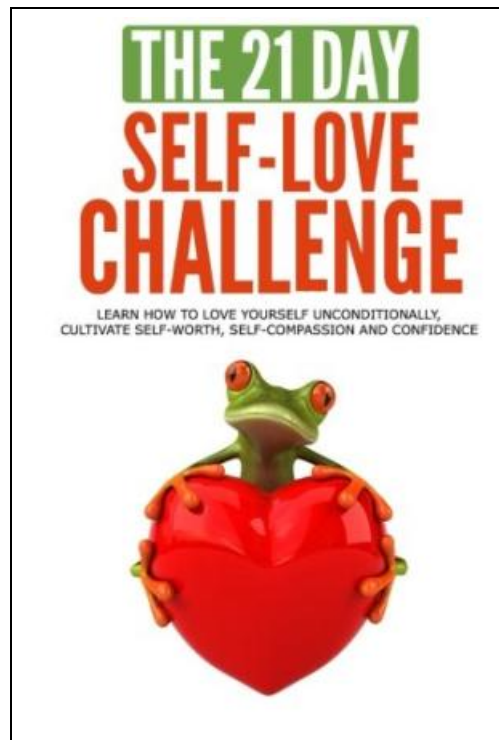


## The 21-Day Self-Love Challenge: Learn How to Love Yourself Unconditionally, Cultivate Self-Worth, Self-Compassion and Confidence



Filesize: 2.35 MB

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 21-Day Self-Love Challenge, the sixth book in the 21-Day Challenge series! Are you tired of being shy and uncertain about yourself? Tired of negative self-talk that makes you feel bad and stops you from living your life to the fullest? Are you ready to learn how to truly love and accept yourself as the perfectly imperfect person you are NOW? Most people nowadays suffer from a low self-esteem. And of course we do! We live in a world where we call people who love themselves arrogant, where we encourage children to compete with one another in school and where we immerse ourselves daily in media of all the millions of things we have to do before we are considered adequately lovable. Low self-esteem, low confidence, self doubt, self hatred, shyness, guilt, shame, soul-crushing depression - call it whatever you want, the idea is the same: you, the person whose opinion should matter to you the most, don t accept yourself. Low self-esteem isn t just High School girls arguing over who is fatter. It s much more serious than this, and can have pretty devastating consequences. See if you can find yourself in any of the following statements. If you can, then read right on - this book was written for you. You often worry about what other people think of you (and surprise! You usually assume that their thoughts are bad.) You feel that when compared to your peer group, you re falling behind. You frequently embark on fix up projects for your life. This could be a promise that no, seriously, you re really going to go to the gym already, or...



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