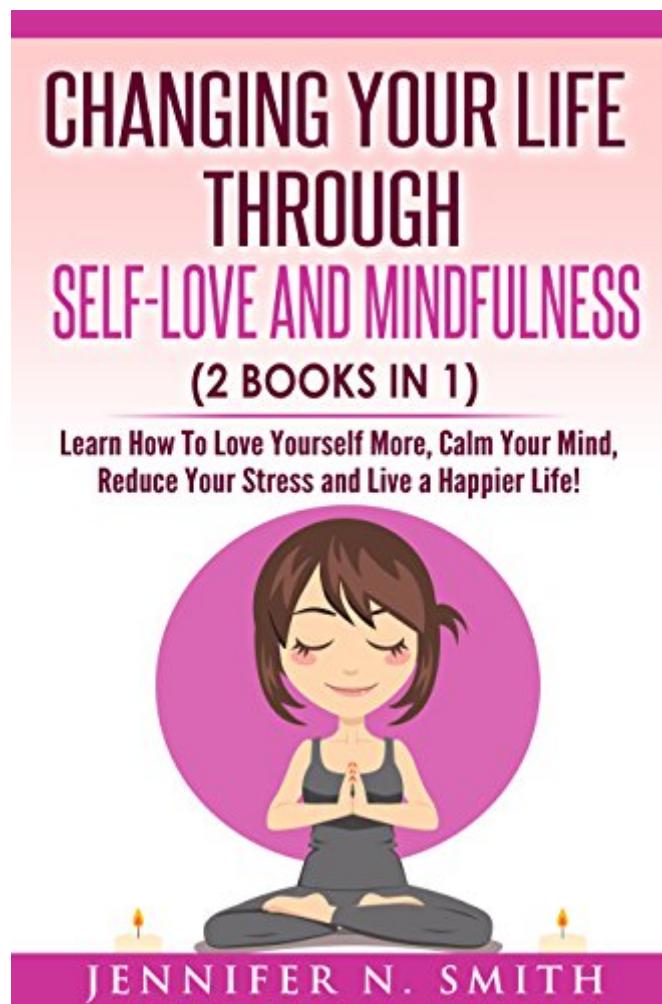


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# **Self Love: Changing Your Life Through Self-Love And Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress And Live A Happier Life!**





## Synopsis

Do You Love Yourself ? Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life!Read this book for FREE on Kindle Unlimited Today\*\*BONUS For My Reader\*\*: Buy a paperback copy of this book NOW and you will receive the Kindle version Absolutely Free via Kindle Matchbook (2 Books In 1): Self Love and Mindfulness Book 1: Self-LoveIn this book you will learn about:Self-love and how it will help you to live a happier life;The causes of lack of self-love;The harmful effects of lack of self-love;Reasons why you should practice self-love;How you can let go of your mistakes and allow yourself to heal;The importance of self-trust;How you can trust yourself again;How you can take charge of your life;How you can embrace your uniqueness and celebrate your individuality;How you can identify your strengths and use them to your advantages;And lastly, the different habits you can practice daily to love yourself again.Do not allow yourself to be forever trapped in self-defeating thoughts. Take that vital step towards the life that you truly deserve. We were all born with the potential to be great and make a name for ourselves and it's just a matter of choice if you choose to make something out of your life or not.Book 2: MindfulnessMindfulness, it seems to be on everyone's tongue lately and for good reason. Mindfulness is not just a meditation practice that you can do in your life to help you get through the life that you currently have but it is a technique that when put into practice can change your life and help you create the life that you want.Have you ever found yourself overwhelmed with life and not knowing where to turn? If you have then mindfulness is for you.

## Book Information

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## Customer Reviews

I have enjoyed reading this book and found it very helpful in giving me constructive ways to make changes to help simplify my life.

First off.. many grammar mistakes. On page 10 and the pages already started falling out. Should I take life advice from someone who can't write a proper sentence or bind a book correctly?

A friend of mine loaned me this book from his Kindle library, I guess he thought I needed it. Awesome book! Full of great concepts and practical ways to put them into practice. Definitely something I needed in my life right now. Will be one I go back and reference back when I need reminders. An absolute must for anyone suffering with social anxiety and low self esteem, and just people who need a bit of self lovin' in general. Great read.

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Anger Management, Controlling Your Frustration, and Living a Happier Life Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Jean Haines' Paint Yourself Calm: Colourful, Creative Mindfulness Through Watercolour What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) PRINCESS KIMONO Japan Dress Design Women Fashion Coloring Book: Anti stress Adults Coloring Book to Bring You Back to Calm & Mindfulness Calm colouring book: Adult colouring book with Easy flower designs and simple floral patterns for Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation)

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