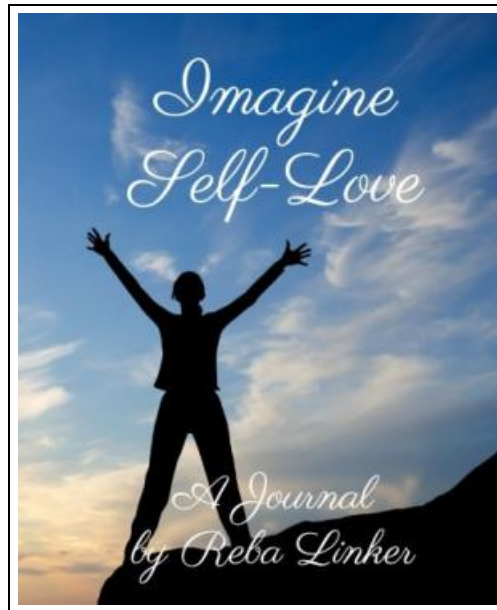


Imagine Self-Love: A Journal



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Reviews

Comprehensive information! Its this type of very good read. It is writter in basic words instead of hard to understand. You are going to like how the article writer compose this pdf.

(Mabel Corwin)

IMAGINE SELF-LOVE: A JOURNAL



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 86 pages. Dimensions: 9.2in. x 7.5in. x 0.2in. Our relationship with ourselves is, without a doubt, the most important relationship in our lives. How we treat ourselves sets the dial for our relationships with everything else in our lives: How much wealth do we allow into our life How much love is the right amount How much success do we permit ourselves What level of vitality is good enough How much happiness can we imagine for ourselves The Imagine Self-Love journal is designed to strengthen the core concepts that make all our other dreams possible: self-trust, self-knowledge, self-acceptance and self-love. Using inspiring quotes, journal prompts, and action exercises, this journal will help you establish self-love as the most important habit in your life. Here's what others are saying about Imagine Self-Love: Commit to the work in this journal and you're committing to going full-steam ahead on the powerful train to self-compassion. Deep and meaningful changes ahead! Keyra Conlinn, author. Imagine Self-Love Journal allowed me to reconnect with myself and my strengths. Rebas gentle encouragement helped me see that I am my own boss and creator of my own life. If you are looking for a journal to help you make your own self-care and self-love a priority I would highly recommend it. Make yourself a priority today. Tanya Levy, MSW, RSW, CCC I feel so grateful that this journal came across my desk. Wow!!! As I read through the pages, I feel as if this is a wake up call for us to look honestly at our lives and the roles we have chosen to play. There is much soul searching and contemplation, and acknowledging all the good, as well as the challenges that have crossed our path....



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