



21-Day Challenges Box Set 1 - Self Love, Self Confidence Happiness

By 21 Day Challenges

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Book 1: The 21-Day Self-Love Challenge 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? 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. The 21-Day Self-Love Challenge will help you to: Develop self love and acceptance in an easy step-by-step way Realize the importance of taking good care of yourself and your body, and how to bring this in practice Let go of self-talk, behaviors, things and people that do not serve you Understand why most self-love books you've read before didn't work Develop new habits that will significantly boost your feelings of self-love on a daily basis Book 2: The 21-Day Self-Confidence Challenge Are...



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