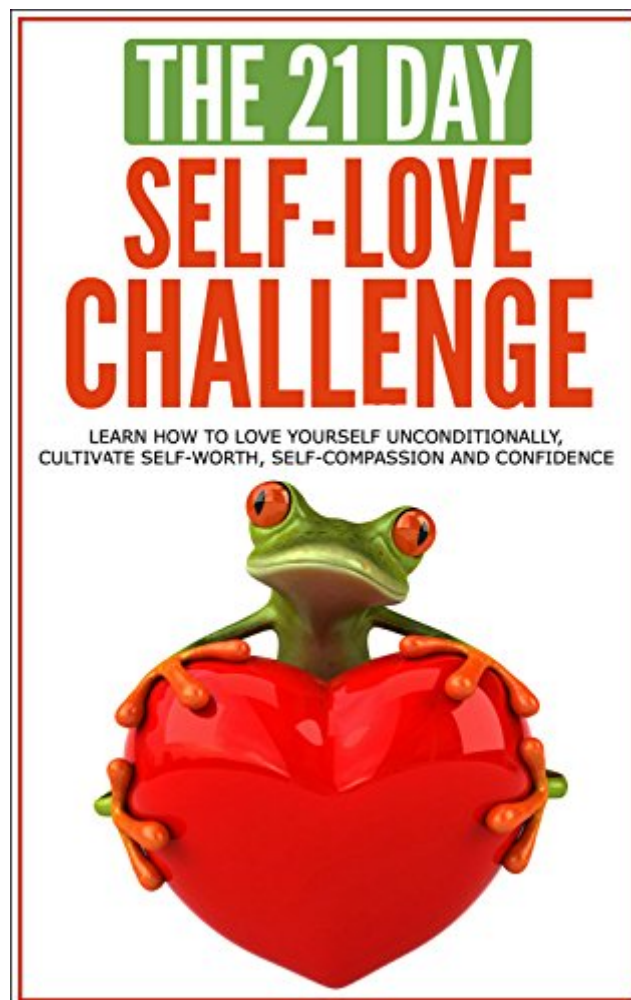


The book was found

Self-Love: The 21-Day Self-Love Challenge - Learn How To Love Yourself Unconditionally, Cultivate Self-worth, Self-compassion And Self-confidence (self ... Happiness) (21-Day Challenges Book 6)





Synopsis

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 a makeover, or splashing out on fancy supplements or \$400 worth of self help audio books from this Indian swami you found on the internet. You feel crushed by negative criticism. Completely crushed. Your whole day can be ruined if the cashier doesn't laugh at your joke. In the same way, the minute someone praises you, you're on top of the world again. You binge on bad food, smoke, take substances or drink more than you know you should. You dream of a point far in the future where finally, finally everything will be better and you won't suck as much as you do now. You can think of a few things in your life that you're too old / fat / shy / lazy / uneducated / whatever to try. So you just dream about it instead...The 21-Day Self-Love Challenge will help you to: Develop self love and acceptance in an easy step-by-step wayRealize the importance of taking good care of yourself and your body, and how to bring this in practiceLet go of self-talk, behaviors, things and people that do not serve youUnderstand why most self-love books you've read before didn't workDevelop new habits that will significantly boost your feelings of self-love on a daily base..and much more inside! Learn how to love and accept yourself unconditionally TODAY! Are you ready to take the self-love challenge?Update! Now available "11 books in 1: The 21-Day Challenges Box Set"tags: confidence, depression, self-help, personal transformation, applied psychology, self love, self esteem, meditation, self compassion, journaling,

low self-esteem, low confidence, self doubt, self hatred, shyness, guilt, shame, insecurity, self confidence for women, self esteem for women, self love and self esteem, self love and acceptance, overcome anxiety

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Customer Reviews

First of all... This may seem a bit strange but my magic number is 21. Always has been. It's come up way too often in my life for there not to be something to it. Just my opinion... Choose to believe or not. Having said that, I've really been wanting to change a lot of bad habits I've picked up in my life and really had no idea on how to go about it. Then I came across Self-Love: The 21-Day Self-Love Challenge... Read the excerpt and a few reviews and decided to give it a try. Now of course, I'm only on Day 3 but so far so good. I feel like I'm really on track with this and I'm committed to changing my life. After reading, I saw plenty of areas where I could easily love myself a little more than I do. I also realized that what I do for others is way out of balance i.e., I'm always spreading myself too thin and doing just about anything anyone asks of me. Now, I'm creating a specific goal to perform for myself, each and every day and while I'm keeping them simple so I can EASE into this new lifestyle, I have to say, I'm feeling pretty darn good about it. For the first time in a very long

time... Maybe ever? I feel like I am beginning to take control of my life and WOW... That feels pretty AWESOME. So yes... If you're on the fence about this book? Don't be. It's a fast and simple read but don't let that fool you! It's jam-packed full of great thought-provoking ideas that can only ENHANCE your already wonderful life. Go for it! 5 STARS!

I loved this book. It's a straight-forward, no nonsense, REALISTIC approach to improving love of oneself. I like that each day you are given a challenge, and each one builds on the other to become a more self-aware and self-loving person. Ideas asserted by this book that I loved:1. "People can be just alright... and still lovable." (Perfection not necessary!)2. The importance of constructive, realistic self-talk.3. The importance of forgiveness of self. (This is crucial to self-love.)If you need a boost to your self-esteem or know someone who would benefit from more self-love, I would recommend this book.

Written in a cute, quirky, but informative voice! This book holds a lot of wisdom in a fun way!-Diamante Lavendar, author of The Secrets Of Yashire and Breaking The Silence

This is packed full of empowering and inspirational self-help dynamite. • Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (21-Day Challenges Book 6) • is such an uplifting book, I'm going to try more of the • 21-Day Challenge • books. Great ideas, tips and action steps. Recommended. Five stars.

I noticed a few negative reviews in regards to this book however the positive reviews way outweighed the negatives so i thought I may as well give it a go! Despite this being a 21 day challenge, after reading this I believe it would be most effective to carry out what this book teaches you over a longer period of time to avoid disappointment and increase the likelihood of effective results. All in all some great guidelines in this book.

This book is written in very simple and nice way. I just loved the way that author teaches how to be loving yourself in different aspects of life. In this book the author teaches the way what others think of you in none of your business. This book also realizes the value of happiness in your life.I love to read Self-help book, but Self-Love: The Key to Happiness is the best book I have ever read. This book definitely teaches you how to be happy and how it is important to love yourself. Very big

thanks to Henry Hill for writing such a great book.

Ah, just what everyone needs. I'd like to say I love myself, but that would be a lie. I'll have to admit that even after years of inner work, I still have ways to go before I can make such a statement. I believe that lack of self-love is at the root of a lot of our problems in life. There's no way I can truly love another human being if I'm incapable of doing the same for myself. That said, this truly well-written, quick-n-fun read gets inside what it really means to love oneself, and how to go about it. It's a well-structured, 21-day program where you'll be inspired to embark on a truly worthwhile journey with the author cheering you on. There's a lot of good wisdom in here. I highly recommend it!

Self-love is so difficult to attain. It is one of those things so easy to think about but so hard to get. The book tries to help you with this issue. However, what makes the book effective is it does not tell you what to do, but rather guides you what to do. It is written like a reflection journal where you would be asked to think of a lot of things. This is what I think makes this book effective if you are soul searching.

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