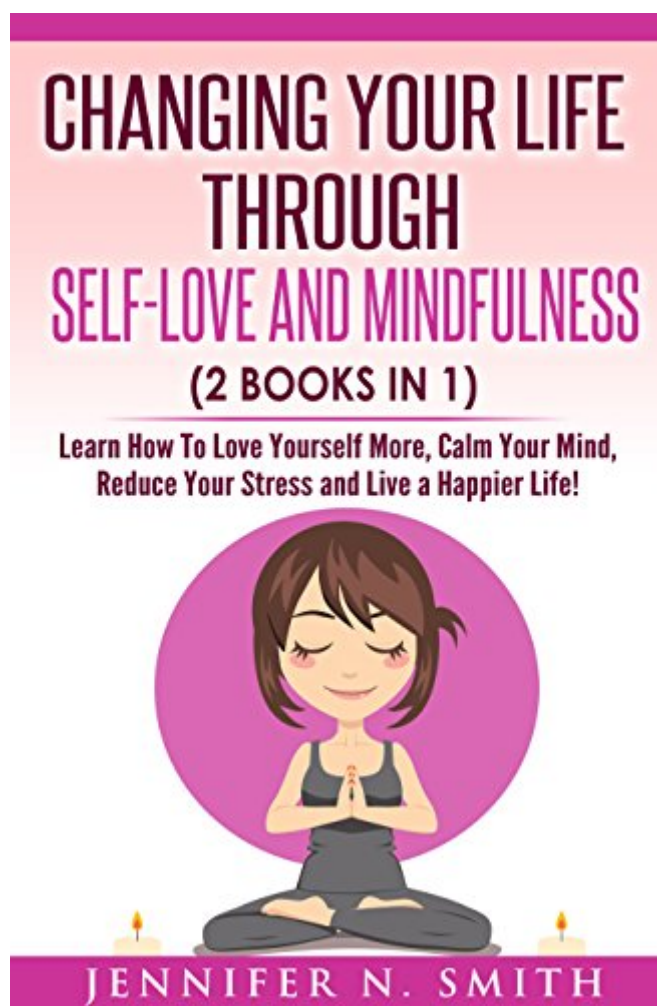


The book was found

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-Love In 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: Mindfulness Mindfulness, 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

File Size: 3681 KB

Print Length: 119 pages

Publication Date: January 5, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B01N1ZOESN

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #279,679 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

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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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