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In this book you will learn about:

1. Self-love and how it will help you to live a happier life;
2. The causes of lack of self-love;
3. The harmful effects of lack of self-love;
3. Reasons why you should practice self-love;
4. How you can let go of your mistakes and allow yourself to heal;
5. The importance of self-trust;
6. How you can trust yourself again;
7. How you can take charge of your life;
8. How you can embrace your uniqueness and celebrate your individuality;
9. How you can identify your strengths and use them to your advantages;
10. 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

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