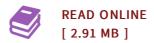




Loving Yourself: Four Steps to a Happier You

By Daphne Rose Kingma

Conari Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 6.6in. x 5.0in. x 0.4in.All the self-help books and advice, all the therapy and support groups, even the most fabulous, successful career in the world wont really help at all-until we learn to love ourselves. In Loving Yourself, Daphne Kingma claims that until we practice loving ourselves--and it takes a lot of practice--we will never be able to love others fully and completely. She writes, When we havent learned how to love ourselves well, we keep getting stuck on this simple first rung of the ladder--not knowing how or how well to treat others, having problems with what we call boundaries, stumbling in the swamps of low self-esteem and thickets of self-loathing that derail us in our efforts to love others as we love ourselves. For so many of us, loving ourselves is our greatest emotional problem. Kingma points out that self-love is not narcissism, egotism, greed, self-righteousness, self-involvement, stubbornness, or conceit--all of which have given genuine self-love a bad name. Rather, it is the singing spring from which we become who we were--each one of us--most truly meant to be. Reading Loving Yourself, the reader takes a journey to...



Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- Rhiannon Steuber

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- Tyshawn Brekke

See Also



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 \times 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



Goodnight. Winnie (New York Times Best Books German Youth Literature Prize Choice Award most(Chinese Edition)

Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. HardCover. Pub Date: Unknown Pages: 40 Publisher: the Star Press Information Original Price: 32.80 yuan: Germany) of Quinter Bu Huoci forward....



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.