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# 30 WAYS TO PRACTICE SELF-LOVE AND BE GOOD TO YOURSELF: BECAUSE YOU DESERVE IT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*."When there is no enemy within, the enemies outside cannot hurt you." ~African Proverb Do you ever look at people who are successful, healthy and happy and wonder what their secret is? Why you can't be like that? After more than a decade long struggle with emotional eating, depression, and low self-esteem, I realized...

**Read PDF 30 Ways to Practice Self-Love and Be Good to Yourself: Because You Deserve It (Paperback)**

- Authored by Ingrid Lindberg
- Released at 2015



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