

Introduction: Learn to Love Yourself

When you were a small child, you were innocent and beautiful. There was so much good in you. That good still exists. You have heard how important it is to love yourself. Now it is time to put what you heard into action! You were made to shine, not to hide behind hatred, addictions, or any other form of abuse. The more love you experience for yourself and for others, the more peace and happiness will reside within you.

You have something special to offer this world that only you can offer. It is important to hold onto this truth, regardless of that little negative voice that tells you that you are not worthy and that you have nothing to offer.

If you truly loved yourself, how would your life be different?
