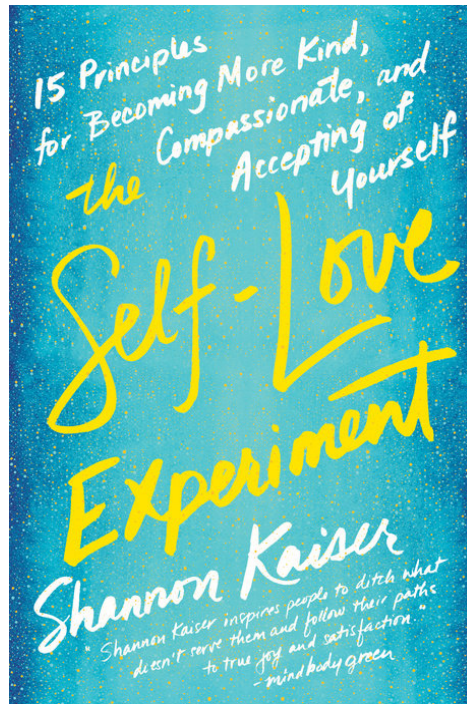


# Telecharger des livres electroniques The Self-Love Experiment: Fifteen Principles for Becoming More Kind, Compassionate, and Accepting of Yourself

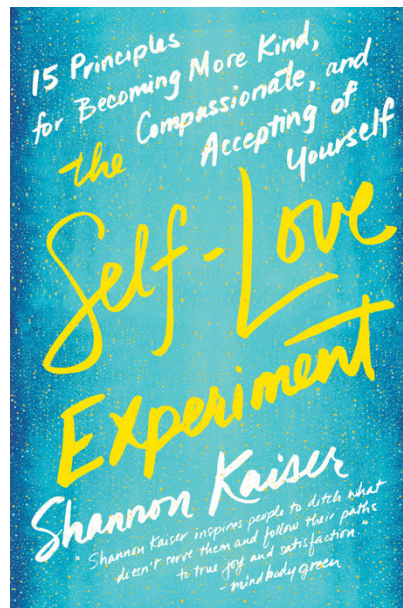
By Shannon Kaiser



Put a stop to self-sabotage and overcome your fears so that you can gain the confidence you need to reach your goals and become your own best friend. Too many people seem to believe that they are not allowed to put themselves first or go after their own dreams out of fear of being selfish or sacrificing others' needs. The Self-Love Experiment rectifies this problem. Whether you want to achieve weight loss, land your dream job, find your soul mate, or get out of debt, it all comes back to self-love and accepting yourself first. Shannon Kaiser learned the secrets to loving herself, finding purpose, and living a passion-filled life after recovering from eating disorders, drug addictions, corporate burnout, and depression. Shannon walks you through her own personal experiment, a simple plan that compassionately guides you through the process of removing fear-

based thoughts, so you can fall in love with life. If you want to change your outcome in life, you have to change your daily habits

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