



Learning to Love Yourself Workbook

By Gay Hendricks

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Editorial Review

From the Back Cover

Each activity in this new book may take no more than fifteen to thirty minutes, but each one offers profound results. You will quickly discover how to: free yourself from painful memories once and for all, get rid of sabotaging guilt and fear, turn your negative beliefs into power-packed positive thoughts, and love your body at any age, in any shape or form.

Users Review

From reader reviews:

Jeanne Crank:

Have you spare time for any day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a go walking, shopping, or went to typically the Mall. How about open or perhaps read a book called Learning to Love Yourself Workbook? Maybe it is to become best activity for you. You recognize beside you can spend your time with the favorite's book, you can better than before. Do you agree with their opinion or you have additional opinion?

Yolanda Matlock:

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