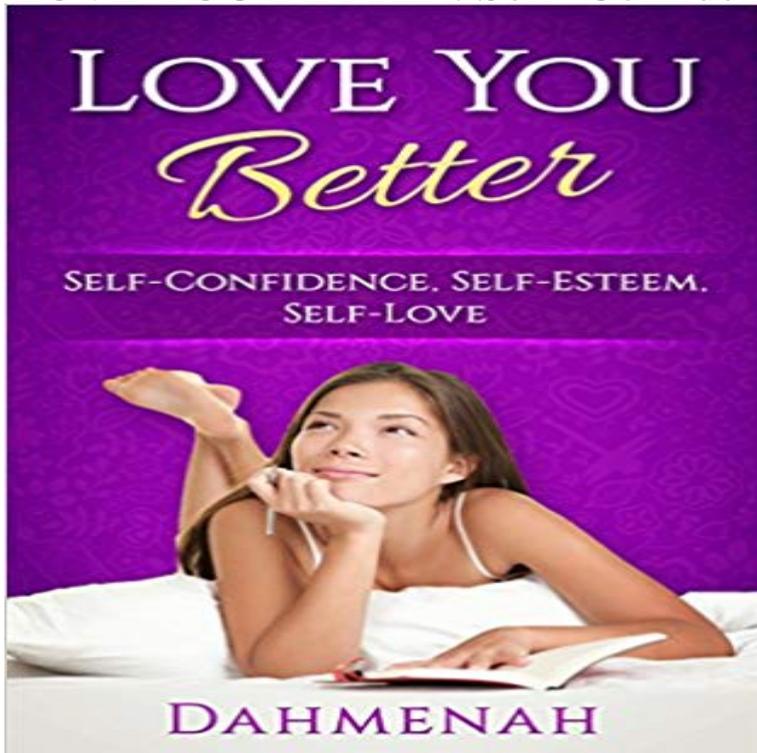


LOVE YOU BETTER: Self- Confidence. Self-Esteem. Self-Love.



Your life is very busy and you take care of everything and everyone except for yourself. Therefore, your life is routine, boring and unfilling. Also, there are some unforeseen consequences for ignoring yourself that you may not have thought of. For example: Poor Health/Poor Eating Habits Dislike for your Body/Poor Self-Image Stressful job that Depletes your Energy Unhealthy Romantic Relationships Loss of Beauty (stress, poor health, diet, lack of sleep, hair loss, too much alcohol) Toxic Friendships (negative energy, negative comments, creates low self-esteem, low self-confidence) Financial Struggles (low paying jobs, too much debt, hated job, no career) No Planning (letting life happen to you instead of figuring out what you want)

Overall Unhappiness with your Life (creates low self-esteem, low self-confidence) But, here's the great part, you can Decide to Change your Life anytime you want. However, you may not know how to change it. This is where Love You Better comes in, this book will guide through the areas of your life that need attention. This will start you on a new Journey of self-discovery to help you with your esteem and self-confidence which will help you Love You Better. Life is filled with noise which causes the inability to think clearly so your life may represent the chaos that is going on inside your head. Just 15 minutes a day will get you started on a new path to a New Life. This book will help you to start Journaling. Journaling is the greatest way to build a relationship with yourself. Thinking/Writing is the best way to plan your future but you have to be willing to find the time to do. Don't let your future be like your present or worst, you have the Power to design the life you want Today.

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