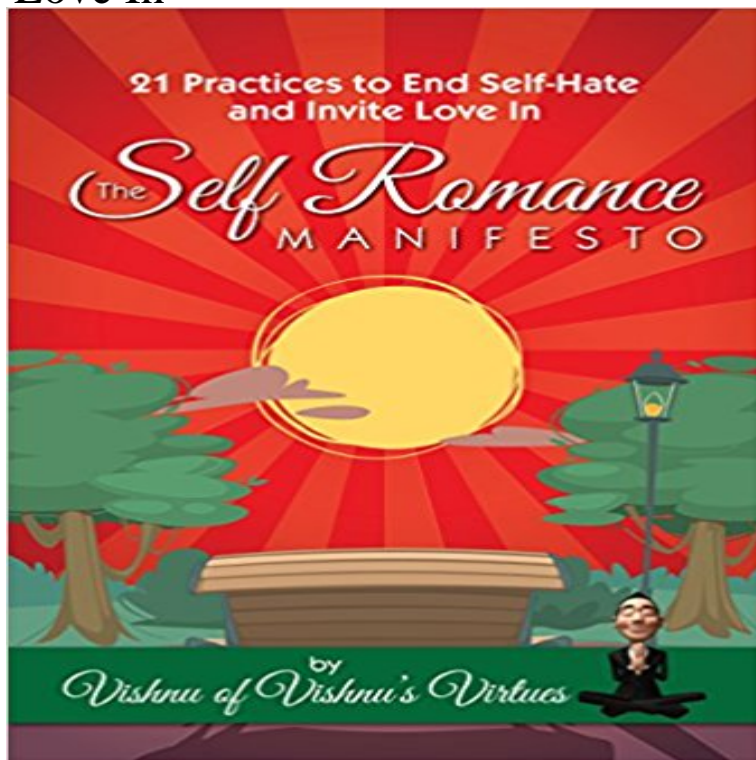


# The Self Romance Manifesto: 21 Practices to End Self Hate and Invite Love In



Stop the self-loathing and have a passionate love affair with yourself. 21 practices to help you stop hating yourself and start living a life filled with compassion and love. Once you tap into love for yourself, you can open your heart to healthy romance and relationships. If you grew up in a negative or harmful household, you've likely spent a life-time of self-sabotage and feeling worthless. This book will give you the tools to help you start making changes in your life. You can take practical action to help change your internal state and how you feel about yourself. With a healthy self-worth and self-acceptance, you'll feel more empowered with your life goals, work and relationships. Begin your journey of transformation by picking up this book.

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