



# **HOW TO LOVE YOURSELF (SELF HELP): Wake Up, Smell The Roses, Love Yourself! (Self Help Books) (Codependent No More Books Book 1)**

*Matt Morris*

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## **HOW TO LOVE YOURSELF (SELF HELP): Wake Up, Smell The Roses, Love Yourself! (Self Help Books) (Codependent No More Books Book 1) Matt Morris**

Take a second to imagine what the world would be like without you... How would your family feel? How are your friends feel? How about your coworkers?

You must take care of the number one person in your life, yourself. Without you, your world would not exist, and everyone in your life's world would be broken and left in despair at the loss of YOU.

This book will give you powerful, life-changing strategies to improve your life and make each and every day as fulfilling as possible...and it starts with taking care of yourself.

Inside this book, you will discover:

- Who You Really Are
- How to Develop an Accurate Self-Perception of Yourself
- The One Thing You May Be Doing That Can NEGATIVELY Affect Your Health
- The One Thing You Can Do Everyday To Stay Healthy
- Why Success and Loving Yourself Are Interrelated
- The 14 Key Things you Need to do to Feel Happy and Love Yourself

- The Things You Should Stop Doing To Yourself!
- Why Self-Confidence is Necessary and How to Boost your Self-Confidence
- How to Fix Relationship Problems that Hinder your Success
- How To Get Rid Of Peer Pressure and Comparisons That Kill Peoples' Self-Image
- How You Can Successfully Manage Time
- How to Overcome the Biggest Blockage...Stress
- And Much More!

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