



30 Days of Self-Love: Your Ultimate Guide To Loving Yourself Unconditionally in 30 Quick, Easy and Fun Exercises

Mona Lisa Castillo

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Have you hated yourself most of your life? Are you currently in total and complete unconditional love with yourself? Can you honestly say that you love yourself? If your answer to the last question is “no”, don’t be disheartened. There is still hope. Mona Lisa Castillo’s “30 days of Self-Love” is here to take you to total love and acceptance of Your Self.

30 Days of Self-Love is more than a collection of fun and practical exercises. It's an easy-to-read and easy-to-implement roadmap to loving yourself unconditionally. Simple and revolutionary, 30 Days of Self-Love helps you see yourself with God’s eyes and helps you discover the never-ending love you have for yourself that has always been inside of you. In this book, you'll discover:

- A step-by-step process to identify the things you have been duped into not liking about yourself
- How to take those things and flip them over. Love what you didn’t love before
- Be your own cheerleader. Forgive yourself and others. Love the person that you are today
- Your self-love mantra
- And much, much more!

Through applying the exercises of Mona Lisa Castillo’s “30 Days of Self-Love”, you'll discover your inner and outer beauty and see your true magnificence like never before. You will become passionate about your life. When you are totally and completely in love with Who You Really Are, you'll be tapping into the inexhaustible Universal Love Energy and all your desires will begin to manifest with lightning speed. The Law of Attraction will move mountains for you. “30 Days of Self Love” is simply the piece you have been missing in the roadmap to building a life of success, abundance, prosperity, self-acceptance and self-respect. Buy the book to take a giant leap toward a life of happiness today!

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Robert Carlson:

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Everette Murray:

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Unconditionally in 30 Quick, Easy and Fun Exercises this guide consist a lot of the information with the condition of this world now. This book was represented how can the world has grown up. The terminology styles that writer use for explain it is easy to understand. The actual writer made some exploration when he makes this book. That is why this book suitable all of you.

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