



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:

Jacquelyn Lopez:

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Gregory Jones:

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