



## 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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