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In the revised edition of the classic Learning to Love Yourself,

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Wegscheider-Cruse explains that it is possible to create our own self-worth at any time in our lives, even as adults. She guides listeners on a journey to greater self-worth, explaining how to eliminate toxic, self-defeating messages; how to choose healthier, new perspectives; and how to reinvent yourself each day, open to a world of possibilities.

Amazon.com: Learning to Love Yourself, Revised & Updated ...

For more than 30 years, Gay Hendricks has served as one of the major contributors to the fields of relationship transformation and body-mind therapies. In his updated classic, Learning to Love Yourself, Dr. Hendricks provides a honest, fresh, yet timeless, approach to handling your feelings and developing a deeply positive sense of self-worth. This book has helped tens of thousands.

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How Do You Actually Learn To Love Yourself? A 6-Step Process

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How to Learn To Love Yourself With These 10 Self Love Tips

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