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The Power of Your Heart: Loving the Self

By Gabriella Kortsch Ph. D.

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 282 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. Not loving the self, or simply not knowing about the importance of loving the self, or never having learned to love the self results in some of the most profound pain a human being can experience. You may believe that the pain of loss, abuse, abandonment, or disloyalty is the deepest pain, and in some sense you are right. But it is precisely by not loving the self, or not knowing how to love the self, that the other kinds of pain manage to get an iron grip on our hearts, because if we did love the self, or if we knew how to love the self, we would be able to care for the self in such a way that those other kinds of pain would be much less overwhelming. This book offers the promise that it is possible to learn how to love yourself (and more significantly, shows you how), and as you begin, even with your very first steps, you will become aware of changes in your daily existence that already serve to create a...

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