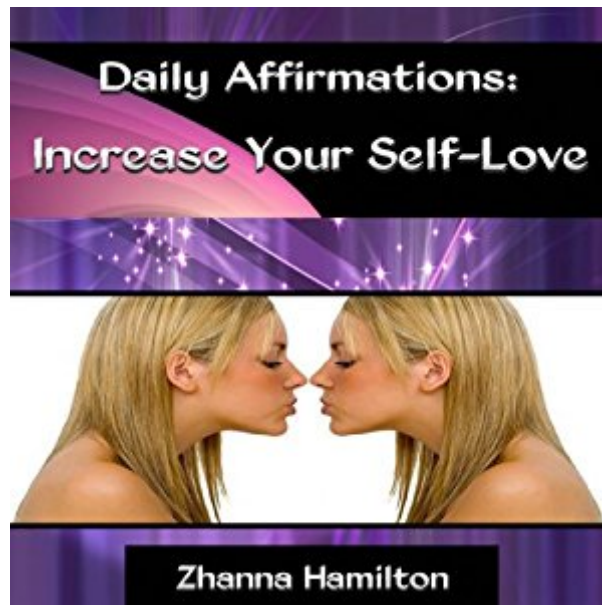


The book was found

Daily Affirmations: Increase Your Self-Love



Synopsis

We live in a society that makes you feel guilt for spending time on yourself - but self-love is an important component of being a compassionate person that is able to give and receive love. Quality time with yourself is just as important as quality time with your loved ones. This audiobook includes inspiring music set to these soothing affirmations, allowing you to spend time with yourself in a positive mental atmosphere. Consider the time you spend with these affirmations as a date with yourself. For more information about the author, visit www.zhannahamilton.com.

Book Information

Audible Audio Edition

Listening Length: 32 minutes

Program Type: Audiobook

Version: Unabridged

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Language: English

ASIN: B00K58T5E4

Best Sellers Rank: #95 in Books > Self-Help > Inner Child #4307 in Books > Self-Help > Self-Esteem #5740 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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