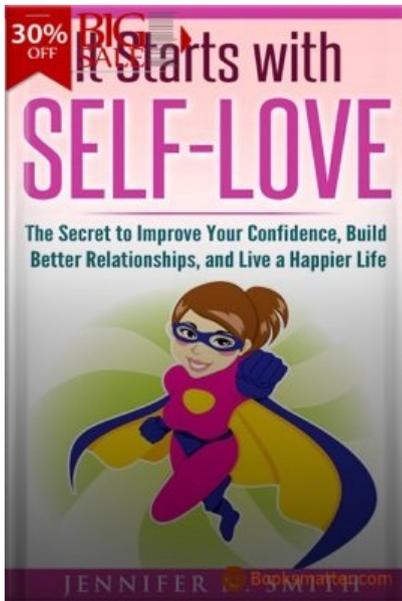


# It Starts with Self-Love: The Secret to Improve Your Confidence, Build Better Relationships, and Live a Happier Life

**IT STARTS WITH SELF-LOVE: THE SECRET TO IMPROVE YOUR CONFIDENCE, BUILD BETTER RELATIONSHIPS, AND LIVE A HAPPIER LIFE EBOOK AUTHOR BY JENNIFER N. SMITH**



📌 [It Starts With Self-Love: The Secret To Improve Your Confidence, Build Better Relationships, And Live A Happier Life eBook - Free of Registration](#)

\$3.99 on iTunes



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**Release on:** 2016-08-05

**ID Number:** It-461DA902AF - Lang: English - US

**Format:** PDF, ePub, Kindle, Audiobook

**Size:** 203.1 KB

**Genre:** Parenting

## Summary

**This book will help you realize that the only thing that's holding you back from having a better life is YOU!** You had the key to turn your life around. By reading this book you will become empowered to take charge of your life and stop playing victim to life's seemingly impossible challenges.

### **In this book you will learn about:**

1. Self-love and how it will help you to live a happier life;
2. The causes of lack of self-love;
3. The harmful effects of lack of self-love;
3. Reasons why you should practice self-love;
4. How you can let go of your mistakes and allow yourself to heal;
5. The importance of self-trust;
6. How you can trust yourself again;
7. How you can take charge of your life;

## Summary It Starts with Self-Love: The Secret to Improve Book

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8. How you can embrace your uniqueness and celebrate your individuality;
9. How you can identify your strengths and use them to your advantages;
10. And lastly, the different habits you can practice daily to love yourself again.

**Do not allow yourself to be forever trapped in self-defeating thoughts.** Take that vital step towards the life that you truly deserve. We were all born with the potential to be great and make a name for ourselves and it's just a matter of choice if you choose to make something out of your life or not.

[!\[\]\(99f58673407353e96a019fbca558fd72\_img.jpg\) It Starts With Self-Love: The Secret To Improve Your Confidence, Build Better Relationships, And Live A Happier Life eBook - Free to Join](#)

eBook ID: It-461da902af | Author: Jennifer N. Smith

## Others book from Jennifer N. Smith

### ["STOP YELLING AND LOVE ME MORE, PLEASE MOM!" POSITIVE PARENTING IS EASIER THAN YOU THINK](#)



**We can not raise a happy child if we are constantly screaming threats at them.** No parent sets out to hurt their child, but this type of parenting does just that. To raise a happy child that wants to behave, you need to retrain yourself first. You need to change the way you think and react to their behavior. You need to understand your triggers and heal yourself. Only then you can begin to heal your relationship with your children.

**Making the decision to be a positive parent ...**

### [BEGINNER'S GUIDE TO ESSENTIAL OILS - HOW TO ENHANCE THE WELLBEING OF YOUR BODY AND MIND, STARTING TODAY](#)

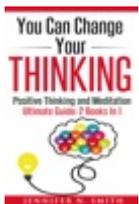


Over the course of the centuries, essential oils have been used in order to treat many mental and physical ailments. Whether we are feeling a little down in the dumps, or we are suffering from a debilitating illness, essential oils have the ability to bring us up and enhance everything about our bodies and minds.

In this book, you will be provided with a dictionary of essential oils and what they can do for you. You will learn of all of their medicinal and physical uses, and discover ...

### [YOU CAN CHANGE YOUR THINKING: CHANGING YOUR LIFE THROUGH POSITIVE THINKING, MEDITATION FOR BEGINNERS](#)

**Download & Read It Today! You Can Change Your Thinking.**



**This Book Includes:**

**Book 1: Changing Your Life Through Positive Thinking: How To Overcome Negativity and Live Your Life To The Fullest!**

Positive thinking has been known for centuries to help us in order to cope with the difficulties of life. Humor has been employed for thousands of years during difficult situations so that we are able to better relieve the stress from these ...

### [EVERYTHING YOU NEED TO KNOW ABOUT BEING A BETTER WIFE](#)



There comes a time in every marriage where we question whether or not we know what we are doing. It can be difficult to learn how to spend so much time with someone who is so different from us, but when we refuse to make any compromises or changes, the real problems begin.

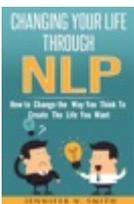
In this book, you will learn everything that you need to know about being a better wife and helping to improve your marriage. There are so many ways that we can begin to show our love and support of the person we ...

## [CHANGING YOUR LIFE THROUGH POSITIVE THINKING, HOW TO OVERCOME NEGATIVITY AND LIVE YOUR LIFE TO THE FULLEST](#)



Negative thinking has never been more abundant than it is today's day and age. All of us are so wrapped up in our work and the coils of modern society that sometimes it can become a burden to take care of ourselves. We forget that we are human and that we have a lot of specific needs to attend to right within ourselves. Most of us are so busy taking care of our responsibilities and obligations that we don't have the motivation or even the education to take care of ourselves and practice positive...

## [CHANGING YOUR LIFE THROUGH NLP: HOW TO CHANGE THE WAY YOU THINK TO CREATE THE LIFE YOU WANT](#)



NLP is not just something that you learn, it is an experience, a life changing experience that will help you create the life that you want. While there is help for many of the issues that NLP helps to treat through psychology, NLP works much faster and instead of you having to go through years of therapy you can use NLP which will completely change your life.

This book is going to teach you everything that you need to know in order to start implementing NLP into your life today. ...

## [10 DELICIOUSLY SIMPLE DIY LIP BALM RECIPES: MAKE YOUR OWN LIP BALM FROM NATURAL INGREDIENTS TODAY](#)



### **Do you want to use natural homemade lip balms?**

They're super popular, and many people enjoy using them because of the many health benefits that come from these natural products, and the fact that they smell better and are way cheaper than the commercial versions. But how do you make them? Well, you're about to find out in this helpful book!

In this book, you'll learn about the following:

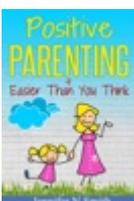
Different homemade lip balm recipes  
How to make them  
Different information ...

## [STOP YELLING AND LOVE ME MORE, PLEASE MOM WORKBOOK](#)



**As we all know, children have a hard time listening when we are shouting at them.** Also, most of the time, we are shouting not because we are trying to make them listen, but because we are frustrated, angry and let's admit it - helpless! Shouting never helps the situation. We know that, the kids know that, everyone in the universe knows that. But we still shout. My first book was not just about not shouting, but about trying to understand your child through the different stages...

## [POSITIVE PARENTING IS EASIER THAN YOU THINK](#)

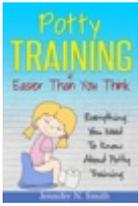


**More and more parents are dealing with children that are out of control, children that are angry and parents do not know how to handle.** What studies have found is that this anger that these children are experiencing can be caused from the type of parenting technique that is being used.

Most parents begin by using negative discipline which involves spankings or time out, but when they do not see the results that they expect, they are left confused and not understanding what they...

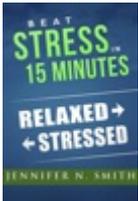
## Summary It Starts with Self-Love: The Secret to Improve Book

### [POTTY TRAINING IS EASIER THAN YOU THINK: EVERYTHING YOU NEED TO KNOW ABOUT POTTY TRAINING](#)



**This book is going to help ensure that you do not have to deal with those struggles or messes** by providing you with everything that you need to know about potty training. You will know exactly what steps to take as well as what you need to avoid in order to set your child up for success. **You Will Learn:**1. How to prepare for potty training and ensure that your child is ready to be potty trained 2. Avoid the most common mistakes that parents make when potty training3. The ...

### [BEAT STRESS IN 15 MINUTES](#)



#### **The Simple and Easy Way to Beat Stress**

We all struggle with stress, but we don't have to let stress overtake and control our lives. **You Will Learn:**1. Simple and easy techniques that you can do every day to help reduce the stress In 15 Minutes.2. Life changing skills that will help you to take control of your life and the stress you are facing. 3. How stress affects your health and what you can do to combat these effects of stress.It will go over every single ...

### [HELP YOUR BABY SLEEP SO THAT YOU CAN REST TOO! A COMPLETE GUIDE TO BABY'S SLEEP PATTERNS, AND HOW PARENTS SHOULD MAKE USE OF IT](#)



#### **What is the one thing that most new mothers are worried about?**

#### **What keeps new mothers awake in the middle of the night when they are clearly exhausted?**

It's because their babies refuse to establish a proper sleep pattern.

Lucky are the mothers whose baby sleeps properly from the very beginning. But for most others, months of sleepless nights and exhausted days follow the birth of a new baby. While the whole family rejoices the new ...

### [LISTEN TO ME, PLEASE MOM! GIVE YOUR CHILD LOVING POSITIVE ATTENTION AND ENJOY THOSE DAILY MOMENTS](#)



Our lives are hectic. Many people have simply accepted this as the norm today, but have you ever sat down after a long day, your kids are in bed and you don't even feel like you got to spend one moment with them. Guilt begins to fill you as you wonder what it was that they were trying to tell you that morning or what is actually going on at school.

Now imagine how your children feel. Did you ever feel like there was someone in your life that was just too busy for you? Think about ...

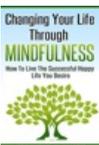
### [BE THE BEST MOM EVER](#)



**We all have challenges.** Especially if we are mothers. Mothers have a hard gig and there is a lot of pressure associated with it. We have to raise a member of society right. We have to do right by them and ensure that they will be able to function as independent, successful adults. That is our responsibility to the world. And more importantly, that is our responsibility to our child.

In this book, you will learn ways that can help you to improve your family dynamics and work on ...

### [CHANGING YOUR LIFE THROUGH MINDFULNESS - HOW TO LIVE THE SUCCESSFUL HAPPY LIFE YOU DESIRE](#)

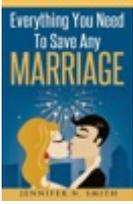


#### **Changing Your Life Through Mindfulness Today**

**Have you ever found yourself overwhelmed with life and not knowing where to turn? If you have then mindfulness is for you.**

**This book is going to teach you:**•What it means to be mindful•The difference between mindfulness and awareness•How to practice mindfulness in your everyday life•How you can use mindfulness to create the life that you want starting right nowAnd so much more. On top of this, ...

## EVERYTHING YOU NEED TO SAVE ANY MARRIAGE



**This book takes a different approach**, not promising to change your spouse or to win them back, but to show you exactly what YOU can do to save your marriage or to just create the marriage you want.

There is one common problem when it comes to most marriage advice is that all of them tend to focus on the problem, or what it is that you perceive to be the problem.

The good news is, that even if you don't know what the problem is in your marriage, this book is going to ...

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