



Self-love, a key to happiness.

How come we lose our Self-love as children? A young child is not afraid to shine, to show what it is capable of, to hug itself and to say it's great. The older the child becomes, the less Self-love it develops. And as an adult Self-love is even associated with arrogance.

If we are able to love ourselves, we give room to Self-esteem, Self-respect and Self-expression. We become fuller, more compassionate people who are able to enjoy life intensely and connect to others on a deep level. We become free and happy!

Develop Self-love in a simple way. Think about this: You are the one you spend every day with. 24 Hours a day, for the rest of your life. So why not build a relationship with yourself? Treat yourself as a new lover, tell yourself "I love you". Compliment yourself, be gentle to yourself, allow yourself to shine and to be happy and fulfilled. You are worth it!

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