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Clearly, you can't love your entire messy self if you're lying, minimizing, or making excuses. True self-love means taking responsibility and accountability. Read more about trusting yourself here. 8. Let yourself off the hook for your mistakes and imperfections. You're hard on yourself. You're probably harder on yourself than anybody else.

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controls the way we see ourselves.

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to do, but don't invest your self-worth in your appearance. You are not a body, you have a body - you are a soul.

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20/6/2020 · When you have enough self-respect for yourself, you learn how to honor your own needs and desires. You pay more attention to what you want and dedicate energy to your dreams. And you start trusting yourself and develop self-confidence. You also dedicate more time to self-love and self-care. Signs You Should Start Building Self Respect

23/2/2021 · It helps you re-evaluate yourself and discover your true self, value, and worth. The tone of the book is easy to understand, kind, compassionate and well researched. This book is for you if you struggle with self-esteem, or if you want to understand better and help a loved one (your child, a friend) to increase their self-esteem.

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