



# Self Love: 30 Days To Self Love (30 Days To Greatness) (Volume 1)

*30 Days To Greatness, Lucia Georgiou*

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30 Days to Greatness: Self Love Laid out with an introduction all about self love, the book goes into short obtainable steps in a day by day fashion to help you focus, commit and achieve in only 1 month! You might not believe it now, but by the time you're done with this challenge, you will have learned that self-love is one of the most important steps you will ever take towards happiness. To put it shortly... Self-love will make you self-reliant. It will free you from the fear of loneliness and give you the freedom to act and lead your life according to your own desires and beliefs. When you will stop expecting love from those around you, you will be able to experience a fulfilling life even if you are single. Self-love will make your relationships healthier. Because self-love is not synonymous with selfishness. It does not mean that you cannot share a loving relationship with another person. In fact, when you will learn to love and rely on yourself, you will learn to stay in a relationship out of desire, rather than out of need. For many couples, the root of unhappiness lies in the fact that either one or both of the partners do not feel deserving of love. As a result, they do not feel loved, attractive or valued and take out their frustration at each other. There's a reason why they say you must learn how to love yourself before you can let others love you. Self-love will help you achieve. It will improve your self-esteem, happiness and it will empower you to reach out for your dreams, however distant they might seem initially. Whether your goals revolve around your career, financial security, charity, traveling, love or family, having trust in yourself will increase your chances of success. And please, don't confuse self love with being selfish. Think of it like this....."I take better care of myself, I can take better care of the people and things that I love." On that note, let the 30 Days to Greatness Challenge begin! Good luck!

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