



# **SELF HELP: AFFIRMATIONS SELF HELP: I LOVE ME (Women Men Healing Positive Thinking) (Quotes Parenting Energy Psychology Discipline)**

*Muriam Cinevert*

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## **SELF HELP: AFFIRMATIONS SELF HELP: I LOVE ME (Women Men Healing Positive Thinking) (Quotes Parenting Energy Psychology Discipline) Muriam Cinevert**

After being in a very depressing and a verbally, emotionally abused marriage of nine years with the constant talk down to, of how I was worth nothing, and no one loves me. Finally with God's help had the courage to leave with nothing but my child. I started sharing my story with many who said I have made a difference in their lives. I had to save my life by learning how to love myself and know my worth. I love me is a collection of thoughts on what I learned, what worked, and where I succeed

I Love Me will transform your life and help you stay motivated, focused and balanced and will help you pursuing your goals. I Love Me will help you to believe in yourself and everything you do

- Build new power and determination
- Develop the power to reach your goals
- Break the worry habit and achieve a relaxed life
- Improve your personal and professional relationships
- Assume control over your circumstances
- Know your worth and be kind to yourself

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