

15 Principles
for Becoming More Kind,
the Compassionate, and
Accepting of
yourself

Self-Love

Experiment

Shannon Kaiser

Shannon Kaiser inspires people to ditch what
doesn't serve them and follow their paths
to true joy and satisfaction.
- Mindbodygreen

Shannon Kaiser

The Self-Love Experiment: Fifteen Principles for Becoming More Kind, Compassionate, and Accepting of Yourself



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Eliminate self-sabotage and overcome your fears to enable you to gain the self-confidence you have to reach your goals and become your have best friend. Too many people seem to believe that they are not really allowed to put themselves initial or go after their very own dreams out of concern with being selfish or sacrificing others' needs. Whether you want to achieve weight reduction, land your dream job, find your soul mate, or get out of personal debt, it all comes home to self-love and accepting yourself initial. The Self-Love Experiment rectifies this issue. Shannon Kaiser learned the secrets to loving herself, getting purpose, and living a passion-filled life after dealing with eating disorders, drug addictions, corporate burnout, and major depression. Shannon walks you through her own private experiment, a simple plan that compassionately manuals you through the procedure of removing fear-based thoughts, so you can fall deeply in love with lifestyle. If you want to improve your outcome in lifestyle, you have to switch your daily practices and perspective. Shannon takes you on this great journey into self-love and true self-acceptance.



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Love Your Life Again Ms.. So she decided to do something positive about changing her attitude and embarked on a self-love experiment. I wanted more of an inner-self guidance not really outer body. Arrived in great condition! Actually if English isn't your first language it will be readable this book. Many thanks, Shannon Kaiser, for assisting me begin my trip to loving myself even more through your Self-Appreciate Experiment. I picked it right back up again per month or two ago and lastly made myself put on some spa music, be alone and take Shannon's phrases to center. What I love concerning this publication is normally that the message is certainly honest - Self-Love is not a quick fix, it's a journey of self-compassion, self-respect, and understanding how to accept the parts of yourself that you might not necessarily view as lovable. Therefore many excellent principles in here to greatly help provide the message home. Profound, exhilarating, had a hard time putting it down. Many epiphanies! This book is full of epiphanies and personal stories.." self help type books. Wounds that don't heal, tend to be ignored, so when confronted sting. But we must clean the wounds. and I'm happy I did. I'm today a self-love coach which is my go-to suggestion for my clients. It was probably the most moving and honest books about "Doing FOR YOU PERSONALLY" that I've ever experienced. I was so excited because of this book but it wasn't what We wanted. The book is the chronicle of her experiences with tips and guidance for readers to also figure out how to love themselves. This is about loving your outer body. She also acquired good ideas and good examples but didn't tell you how to put these things into use It wasn't bad but it wasn't good either I couldn't really enter this book and We don't really consider it a self-help publication! It wasn't bad nonetheless it wasn't good either. Don't Buy What's most upsetting concerning this book is the method its branded while a self-love book. That is a reserve about her body picture problems and how she regained self-love for herself. Waste of money and incredibly repetitive - she uses the words my appearance and overweight so often you will start rolling your eyes. Its definitely not designed for a broader audience. This was a reserve that made me perform some thinking and personal reflection. This might be suitable for the under 30 crowd. Super fast shipping It's a perfect begin for loving you more If you are searching self-love, this book will highlight the way. Shannon foretells you with kind and loving terms. Your soul will enjoy it. Finally, a REAL & Keeping this book we your hand will bring magic and love into your life. I bought a second one to my finest friend which finished up at an other friend's hands therefore i must choose the third. It's a MUST when you are feeling stuck in existence and you already realized self-love may be the key. Even though you don't know yet. I bought it lately from a Barnes and Noble and started reading it. Thanks Shannon and what she did to help herself it may be a little better.! I have been trying to care for myself actually, but been unsuccessful.. I got a free trial to audible from my school, and I made a decision to try a couple self improvement books because I'd rather listen to those than go through them myself. Its actually just the author talking about how over weight she was and how she struggled with that her very existence and that not everything's perfect right now but she's doing better. I don't brain listening to it, but she mostly rambles on and repeats herself a lot. It's amazing! Not settle for what I believe I'm supposed to want. There was an inordinate, repetitive concentrate on body picture and finding a man.... Kaiser is a existence coach who, in the past, hated both her existence and herself. and the book was so repetitive and filled with so many cliches that pepper numerous other "self help" books that i came across it difficult to learn. Not compelling Many of us could use some lessons in the art of personal love. I really like it so far.. The author's voice, nevertheless, acquired an unconvincing and somewhat desperate to please taste to me. for those ladies with body image conditions that haven't explored the idea of self love at all. Lots of self reflection happened. I've never been one for hoaky "You got this, YAY YOU!. Enjoyed reading her perspective. I love it so far Began reading the book. The topics became redundant, but like how much she learned to love herself. Amazing! It provides helped and inspired me to be better to myself. I do follow her facebook web page though for .! Gave me a whole new perspective on how I think, how I live and how little words about yourself can develop larger and

bigger until you think what you say! Absolutely the best and only self love reserve I've ever read! It's a must read.! Thank you for such an excellent book I'm so grateful for you personally and what that pour over the webpages. I think I'm beginning to love myself! Easy read! I wasn't ready at that time to commit or become truly open to this book's offerings. In case you are hard on yourself, hating elements of the body or life, this is a great reserve to understand how to turn around the self-sabotage and destructive thoughts or activities. Do For You I found this book sitting at the library one day. The cover shades called if you ask me and virtually never left me alone..!! It really is about being present in the struggles and recognizing most of them are rooted in childhood when we didn't be capable of resolve them. I've under no circumstances believed in myself, I've never had anyone else have confidence in me, why bother... It is about facing and embracing the internal struggles we have, and framing them as wounds that require healing. But that one called to me therefore i figured I'd at least provide it a go. I began it at the start of the entire year and got just a few webpages in prior to the rest of existence took over. Loved this book. The author discusses her own journey, but at the same time, brings you along to greatly help deepen into your personal self-love.. I've hardly ever heard about her before which made this a lot more honest for me. She also had good ideas and illustrations but didn't let you know how to ... The only thing I could say is that it is a little repetitive when it comes to body image but after reading the reserve I am aware that it was one of her biggest problems in her life. Amazing! This book set the tone for me personally to realize that I could live an incredibly fulfilling life without feeling like I must look a certain degree of perfect first. The tales Shannon tells and her nuggets of wisdom also helped me recognize that it's okay to go for the life I really want. I really do follow her facebook web page though for positivity and inspiration and that's nice.. Today I am learning to use even more compassionate chat and expressions with myself, which has helped me feel better and desire to better myself. Probably if she told the methods she took to obtain where she got today, and what she do to help herself it may be a little better. Great book. I actually am loving this book: The Self-Love Experiment by Shannon Kaiser. More I read the book, more We become familiar with myself and just how much I still can carry out for my happiness and to like myself unconditionally.!. You can create an unbelievable life full of so much love for yourself. In this publication, Shannon Kaiser will not tell any step-by-step formulation to loving yourself, but rather uses her life encounters, trials, failures, ups, and downs to portray the joy she has found/accomplished through her personal experimenting. I believe that is clearly a wonderful way to share advice, instead of telling someone how to proceed, because what works for some, might not work for others. PRACTICAL publication about Self-Love This is actually the book I've been waiting for around self-love. I'll read on and re-reading to accept myself and find happiness.



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