

# LOVE YOURSELF

Like Your Life Depends On It



Kamal Ravikant

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In December of 2011, I gave a talk to an audience of scientists, Pentagon officials, politicians, and CEOs on the trick of life and how I'd figured it out the prior summer. Where I succeed and importantly, where I fail daily. This book is founded on the reality I spoke about. It's something I learned from within myself, something I believed saved me. And a lot more than that, the way I set about to accomplish it. That is a collection of applying for grants what I learned, what worked well, what didn't. Later on, people came up individually and told me just how much what I'd shared meant to them. Simply takes commitment and I'll talk about how I did so it. As if your daily life depended upon it. I understand it'll be transformative for you aswell. The truth is to love yourself with the same intensity you would use to pull yourself up in the event that you had been hanging off a cliff with your fingers. It has been transformative for me personally. Once you get going, it's not hard to do.



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A Psychologist's Review... As a practicing psychologist, I read a large amount of information on how to help my individuals with various "new" interventions and treatments.. I have utilized it with great achievement with many of my patients - I've come to the final outcome, that for many people who have problems with anxiety and major depression, also appear to lack the ability to have got self-compassion or love themselves. For recent years, self-compassion and self-love have been "warm topics" in the emotional world..There were many books written about self-compassion /self-love by some very nice authors. Trust the process! I love teaching empowerment to folks and this is a great tool. Although the others you go through with eagerness are attention opening and you think them and the idea they recommend is certainly a comfort, they could be broad and full of so much theory that you cant keep in mind once you finish it what you were supposed to do to make it work for you. Repeat.99 Kindle book is nearly magical in it's brevity, heartfelt message, effectiveness and practicality. I've re-read Kamal's book to be able to help myself during nerve-racking times in my life. Personally, i practice his self- 7-minute meditation with music and it feels amazing.! Well, it really is about you. I could barely sleep last night I was so excited about reading it and how I possibly could see it had been changing my entire life. I browse this publication yesterday and simply ordered 6 more to provide to clients.. Many thanks Kamal! It seemed too simple. Its simple, really easy to browse to the point,worth the cash the only thing I wish they could change leading cover somehow less suicidal that was among the factors it put me off buying it but something was telling me to buyit and I'm pleased I did. This book is a casino game changer. I browse it in about one hour. Then the next day I go through it again. And I started carrying out what he orders you to do. It seemed too simple to be truly useful. I love Myself. I enjoyed it and I'm going to put into practice what I read in this book.-) I recommend reading/listening to this book. I am teaching it to believe in a new approach to living. And start carrying it out. Don't take my word for it. Just go through it. I am conditioning it to respond in a different way in situations. I liked what the author did with this book I received this book recommendation from a pal. She battles depressive disorder and said this publication helped her cope with a few of her negative thoughts. Must read for everybody.I loved what the author did with this reserve. He didn't dumb it down and he didn't make an effort to say more after that what was needed. If you battle mental poison and struggle with mental health problems, this might help you since it helped my friend. I really like myself. I think we can all function on this idea in a society that tries to pull you down. You will not be sorry to read this and implement what he says to do. And it's on the website.Good advice to improve the negative loop in your head to something positive. I really like myself."It's not as easy as you'll think. Well worth a read. What a great reserve, worth a read. But I was wrong. Struggling? Read this publication. This book is a life changer. All of this period you've been taught to send love to others, forgive and forget and what people do isn't about you. Great book! End sending your energy to others and love yourself. It's method overdue. Focusing on and loving yourself doesn't cause you to selfish. Love his writing, his honesty, just his whole design of naked honesty. Awesome book and message!!! Prospect of true life changer. ; Love his writing This book fell into my entire life right when I needed it. So the magic was currently at work. Thank you, Kamal Ravikant. It's where to start. I was having trouble, an extremely hard time and then yesterday I believe I allowed myself to hit bottom. I lost the fear and just fell. Then I had sort of accidentally checked out Kamal's (Amit?) book known as "Rebirth, A Fable of Like, Forgiveness, and Following Your Heart," and much to my great surprise it was about his pilgrimage on the Camino de Santiago. I've been wanting to do that for years - but have already been too sick to accomplish it. If you're looking for a way to start the journey this publication is for you, if you're looking for the process find extra reading."I really like myself. The next organic move was to debate to Amazon and purchase the Kindle version. I am a

family therapist and also have many clients struggling with depression, low self-esteem, and addiction. In fact, I resisted it for awhile after hearing about it from James Altucher - who I truly love. You totally rock. I love myself and I really like you. <3 Life Changing If you have read countless books searching within them something you can use in the real world then this could be the last one you browse.. Read this reserve and you may remember. Full of platitudes Save yourself enough time - here is a 2 sentence summary of the entire book (which may be read in 20 minutes): Treat yourself with respect and self-worth. Would you allow someone you like be harmful/be unhappy/be treated poorly/give up on themselves/not live up to their potential? No. This book made a substantial impact on my life Going through a hard breakup and this book literally as basic since it is got me to start seeing issues in a more positive light. I desire I possibly could thank the writer in person, trust me if you struggle with self-confidence issues and panic and depression that stem from that.Say this constantly throughout the day or even while having tough times in your daily life. You don't have to believe it initially but it will take time but you will be one step nearer to really loving yourself everyday. But. Great book and strongly suggested. Must read!! knew this is about 68 web pages so it wasn't going to be overwhelming with self-help points. Thank you Kamall!. Short and sweet This was a brief and to the idea read. The effect of saying "I really like myself" over and over each day was astonishing. A great begin for the self-help journey In this short reserve the author gives solid advice, but it reads like a Ted Chat so its purpose is to get the wheels turning and provoke thought, not a step-by-step process. I feel better for acquired reading it since it's like my very own personal launch to getting closer to my truth. Well, I acquired my liver transplant this past year and also have been building what I contact my Tea Glass List (to hell with ugly buckets). But I was wrong. This \$2. Thank you for sharing your insight, Kamal.! My unscientific description of it really is that I am reprogramming my own body. Although the audio didn't sync to the new vocabulary added, I'm glad the extra tidbits are added in the sound version at the end. I love myself.



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