

YOU ARE WORTH IT



52 Weeks to Honoring, Loving,
and Nurturing Your Soul



LOUISE GRIFFITH

Louise Griffith

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After a year's well worth of work on yourself, you'll be excited to embrace the unlimited options that await you with a self-confident and abundant mindset. Relish in your friendships, courage, and possibilities. You Are WORTHWHILE is a journey through encouraging and uplifting affirmations. Seek joy and wisdom in day-to-day life, and above all else, remember that you tend to be more than good enough. Through 52 weeks of guided issues and declarations, you'll be brought to a location of self-acceptance and gratitude. Nourish your spirit through examining your hopes and dreams.



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I recommend this book to anyone who feels stuck and must build their self-esteem to go forward in their lives. Sometimes changing points we don't like in our lives seems like a daunting task, especially with the tiny imp on your own shoulder talking in your ear you are not worthwhile. Louise breaks change into manageable weekly measures, guiding you to take into account what it is certainly you truly want on the journey to becoming all that you will be..Cyndi Dale, writer of The Subtle Body Encyclopedia This little book is filled with big love. I will continue _____. I was happy with the questions she asked. They had me think about habits I might haven't even recognized as trouble spots I have to be operating on to become the best I could become. -- Lorelei Kraft, Minnesota Women Business Owners Hall of Fame. Exceptional book. Are we enjoyed, fantastic, interesting, also on those days we don't believe it?Has Learning lessons to Three Stars haven't really gotten in to it You are completely worthwhile too You Are Worth It52 Weeks to Honoring, Loving, and Nurturing Your Soulby Louise GriffithI enjoyed reviewing this 168 page nurturing how-to on loving and believing in yourself.. A worthwhile publication for everybody! It's simple, yet powerful. Are we valuable no matter what? I adopted 3 boys from foster care, and their self esteem was wounded. With poignancy and perceptiveness, Louise displays us how to honor ourselves toward success and self-acceptance.. I still start ____; It's simple This little book is filled with big love. Most of us emerge from childhood wondering just what we ARE well worth. I purchased it for 5 girlfriends to share the wisdom and gifts of Louise Griffith. I recommend it if you are searching for guidance in creating a even more peaceful and loving space for yourself. Thanks a lot Louise, You are completely worth it too. I also went to a workshop on . Has Learning lessons Excellent book. I loved the 52 week format because Personally i think like it provided me a slow and easy climb up to a personal awakening of the amount of I really am worth it. I am going through this book each week with great results. I also went to a workshop on it and it is a wise new method to regard myself. Worth it!. This book reinforced my message that people loved them plus they were worth it!. The writer shows us step-by-step how to make an idea, stay with it and keep moving forward in a firm, but gentle way. I would suggest this blessed savior to anyone seeking some honest framework along their journey to self acceptance. I am going through this reserve each week with great results.Love & Light,Riki Frahmman A Great Guideline to Soulful Reflection and Forward Action Louise goes on a trip of soulful reflection to help you in enriching your spirit. Her tips and tools are helpful, and just how she's broken the book into 52 weeks can be a way to complete the process step-by-step, without feeling overwhelmed.Among the best books I've continue reading changing your self-image! I absolutely love Louise's book YOU ARE WORTHWHILE I absolutely love Louise's publication YOU ARE WORTHWHILE...Reading the book and performing the exercises, was like taking all the angels who've ever loved you into the room and on the trip with you. The book teaches you how exactly to be kind to all of your self, in loving your whole self. Speaks to the inner self. By the end of each chapter she's you ask yourself: I will stop ____; I framed the messages that spoke if you ask me and placed them atlanta divorce attorneys room in our home.To strive to live wholeheartedly. Perform the exercises with a friend or sister This is an excellent book to not and then boost your self-esteem, but to share it with another. I anticipate doing the exercises with my sister, learning her better and supporting her in understand that she is worthwhile. Just like a kind and encouraging friend This book honors the soul with grace and sincerity by having you spend time each week on a little chapter with a dedicated theme. "Choose Your Story", "Illuminate Your Own Opportunities", "Be Courageous" are a number of the weekly designs. Just like a kind and encouraging friend, Louise writes as though she is right there with you. I liked this book and appearance forward to providing it as presents to friends.



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