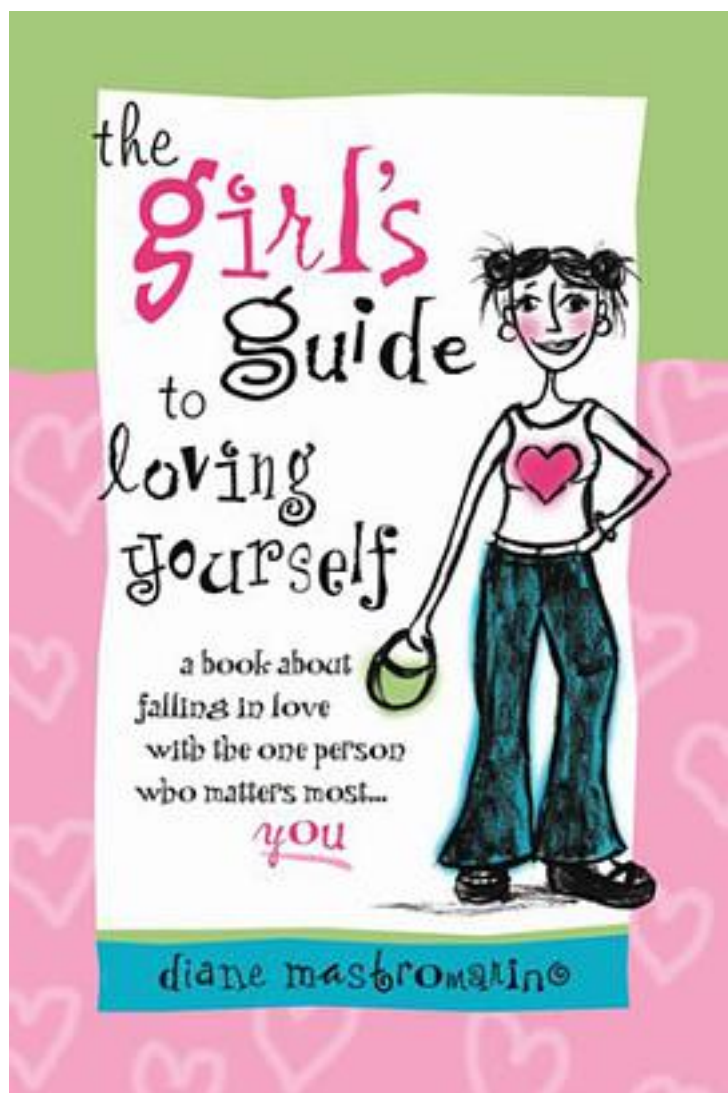


The Girl's Guide to Loving Yourself



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THE GIRL'S GUIDE TO LOVING YOURSELF is a face-lift, a pick me up, a bubble bath, a wake-up call, and a full-body massage for your life. In other words, it's exactly what you need to be the best you that you can possibly be. You deserve to be loved 24/7, 365 days a year. Simple? No. Worth the effort? Definitely. Loving yourself takes lots of confidence and very little self-criticism. It takes acceptance and understanding and more courage than you may feel like you have some days. It's challenging your mind, knowing what's best for your heart, and taking tip-top care of your body. If you're like most girls, you know that loving yourself is far from easy. The good news is that it's definitely not impossible. THE GIRL'S GUIDE TO LOVING YOURSELF offers that extra boost of self-esteem you need to walk into a crowded room feeling confident, and to stand in front of a bedroom mirror feeling satisfied. It is the perfect mixture of wisdom, guidance, inspiration, and laughter you need to fall head over heels in love with the one person who matters most... you.

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