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## I HEART ME: THE SCIENCE OF SELF-LOVE



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, I Heart Me: The Science of Self-Love, David Hamilton, How much love do you have for yourself? Not the narcissistic 'Aren't I wonderful' kind of love, but the essential regard for self that empowers you and helps you navigate through life. The type of love that enables you to feel safe and secure in who you are and inspires you to make choices that are good for your authentic self....

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- Authored by David Hamilton
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