Love Your Body

Louise L. Hay

Love Your Body:

Love Your Body (EasyRead Super Large 18pt Edition) Louise L. Hay, 1989 Love Your Body Janet Farnsworth, 2020-09-08 Are you ashamed of your body Do you wish your body were different Taller Thinner Stronger Has your body somehow become a painful place to be when you want it to be a place of joy and pleasure You are not alone A vast majority of women are dissatisfied with their bodies and would change something about them if they could Janet Farnsworth is a nationally recognized yoga teacher somatic therapist and body empowerment coach who has spent years coaching women how to love their bodies again She is the founder of The Practice of Now Let Love Move You a movement therapy practice designed to heal and nurture your relationship with your body In Love Your Body The Guide to Stop Making Your Body a Battleground Janet will teach you an easy to follow life changing practice to help you feel delight in your body how to look in the mirror and be comfortable with what you see how to know and honor what your body wants and needs how to remove the blocks that keep you feeling disconnected and dissatisfied how to move in a way that makes you feel strong and beautiful and practical techniques to soothe your nervous system and feel peaceful in your body **Love Your Body** (EasyRead Super Large 20pt Edition) Louise L. Hay, 2011 52 Ways to Love Your Body Kimber Simpkins, 2016-01-02 It s time to step away from the scale ditch the fad diets and embrace the body you re in In this powerful book Kimber Simpkins yoga instructor and author of Full gives you 52 undeniable ways to love your body and discover your own unique beauty Do you look in the mirror and see all the things you dislike about your body For many of us the first step to loving our bodies is being able to look at our reflection and not criticize what we see And in a culture that worships thin beautiful celebrities it s easy to feel like we just don't measure up So how can you get over your flaws and focus on your fabulous 52 Ways to Love Your Body is packed with easy and fun practices one for each week of the year to help you toss perfectionism out the window turn down the volume on that nagging inner critic who is always going on about what s wrong stop the never ending comparison game and finally love your body You ll also find encouraging in the moment affirmations to keep negative self talk at bay and give you a much needed pick me up any time any place If you re ready to start loving your body this book gives you 52 ways to get started now So what are you waiting for AWAKENING Ping Li,2009-08 Have you ever wanted to know why you are here on earth Do you sense that you have a higher purpose a special calling but have no idea what it is or how to find it Do you try to convince yourself and others that you are happy and fulfilled Do you wish to have abundance flow to your life effortlessly without working so hard Do you know something is missing in your life but can t identify what that is If the answer is yes to any of these questions help has arrived In Awakening you ll discover how to tap into your inner wisdom and the infinite universe to gain valuable insights and knowledge about who you really are at all levels physical mental emotional and spiritual The practical exercises and quidance in every chapter will help you to connect with your divine essence and align your beliefs perceptions intentions feelings choices actions words and your personalities with this

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