

Title:

Are You Giving Yourself A Hard Time?

Word Count:

409

Summary:

Are you constantly criticizing yourself for every little time you do wrong, for example saying

Keywords:

breath,yoga,fitness,self development

Article Body:

Are you constantly criticizing yourself for every little time you do wrong, for example saying

I put my hand up too, I know I'm guilty of this as well as everyone, I often say things like ^

But when you think of it if you had a best friend and you talked to them like this how long wo

We often go through our day to day life being constantly stressed out and on edge but when you

Try out this exercise on yourself when you have some quiet time to yourself. Put your left han

And as you breathe out feel the stress going out of your body back out through your hand. When

If you find it a bit awkward to think of things to say to yourself . mentally step back and t

You'll definitely start to feel a lot better about yourself and probably in the future you'll

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