

Title:

Do you really like yourself?

Word Count:

613

Summary:

What happens when you fall in love with yourself?

Keywords:

See really,like me,yourself,please others,lovearch words:

Article Body:

When was the last time you asked yourself that question? Do I really like me? What is it about
Most people spend their lives speculating whether other people like them: Does .like me? Am I
The upshot is you spend a considerable part of your life trying to please others. Trying not to

Although you may well be successful using this method, the result is you spend most of your time

Just think for a moment:

- How much of my day is spent trying to please others?

- How much time do I spend thinking I mustn't say that?

Rather than try to make others fall in love with you how about falling in love with yourself.

Go on Be honest with yourself. Do you like the person in your body?

You see, when we fall in love with ourselves. When we can accept ourselves for what we are. When

When you love yourself it shows in the way you look. Your eyes sparkle, your face looks happy,

You don't have to worry about pleasing others. You don't have to worry about doing the right thing

All you have to do is be honest with yourself. Of course you will make mistakes. Of course not

There is a little secret. The secret is; as you become more and more at one with yourself, you

But the best bit is: as you feel less anxious, less tense and peaceful you become happier.

Yes, you got it. The more contented you are with yourself. The more peaceful you become, the

See, it's simple. All you have to do is like the real you.

Stop thinking to yourself I mustn't hurt that person. I don't want to upset them. What can I do

In other words, stop banging your head against the wall, focus on the real you and do what's best

Good Luck

Graham and Julie

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