

Title:

Learning To Love Yourself: Even Your Ugly Parts

Word Count:

564

Summary:

Does that title make you cringe? It made me cringe when it popped into my head a few days ago.

We don't like to think about our "ugly parts," do we? By ugly parts of course I mean those asp

One lesson I ke...

Keywords:

self esteem,self worth,loving yourself,healing with love,self love

Article Body:

Does that title make you cringe? It made me cringe when it popped into my head a few days ago.

We don't like to think about our "ugly parts," do we? By ugly parts of course I mean those asp

One lesson I keep having to learn over and over in my own life is that the more I resist these

What if we stopped pushing away these aspects of ourselves? What if we (gasp!) accepted them,

For most of my adult life, I've been a cat owner (or I should say, they owned me). Several of

As the weeks went by, a light would begin to shine in their eyes. They would become more playf

So how does that apply to our "ugly parts?" What would happen if we loved them and embraced th

Loathing certain parts of ourselves is like refusing to look at a rainbow because we don't lik

The important thing is to become at peace with ourselves, rather than fighting these ridiculou

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