

Title:

Do You Love Yourself

Word Count:

256

Summary:

Compassion, sympathy, love, care, are all words that we value very much. We wish to be all the

Keywords:

Article Body:

Compassion, sympathy, love, care, are all words that we value very much. We wish to be all the

Why don't we show more compassion to ourselves? This sounds strange but this is true. We treat

Another emotion, which we use to thrash ourselves with, is guilt. We carry a lot of guilt about

We forget our body, mind and heart. Once in a while, we need to pamper ourselves. Talk to our

Begin loving yourself like your mother used to do when you were a small baby. You need it at t

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