



# Madly in Love with ME: The Daring Adventure of Becoming Your Own Best Friend

*Christine Arylo*

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Most of us know that loving ourselves would be a good idea, but we have no clue what that really means. Self-love feels too vast, too esoteric, and frankly like something you should keep under wraps.

This breakthrough book on self-love changes all that by taking you beyond the idea of loving, valuing, and caring for yourself into daring acts that will help you experience it. Christine Arylo provides practical, fun ways to explore and embody the ten branches of self-love every day and in every part of your life. Reading this book is like receiving permission to treat yourself as a best friend would. Imagine having the power to:

- \* Give to yourself first, without guilt
- \* Shower yourself with loving words instead of criticism and comparison
- \* Go for your dreams with conviction and courage
- \* Choose the situations and relationships that make you happiest
- \* Discover and explore your deepest thoughts and desires — and act on them

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