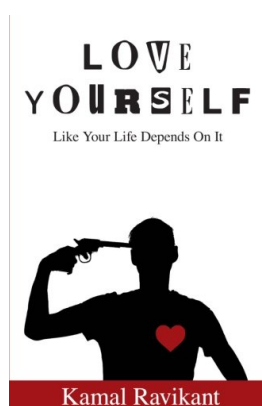


[PDF] Love Yourself Like Your Life Depends On It

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Description:

In December of 2011, I gave a talk to an audience of scientists, Pentagon officials, politicians, and CEOs on the secret of life and how I'd figured it out the previous summer. Afterwards, people came up individually and told me how much what I'd shared meant to them. This book is based on the truth I spoke about. It's something I learned from within myself, something I believed saved me. And more than that, the way I set about to do it. This is a collection of thoughts on what I learned, what worked, what didn't. Where I succeed and importantly, where I fail daily. The truth is to love

yourself with the same intensity you would use to pull yourself up if you were hanging off a cliff with your fingers. As if your life depended upon it. Once you get going, it's not hard to do. Just takes commitment and I'll share how I did it. It's been transformative for me. I know it will be transformative for you as well.

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