



Speaking to Yourself with Love: Transform Your Self-Talk (Paperback)

By Maryse Cardin

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When you speak to yourself, do you use words of love and kindness? Or does your self-talk sound judgmental and cruel - bringing you down like a leak in a tire? Speaking to yourself with Love: Transform Your Self-Talk by Maryse Cardin is a roadmap to bringing more compassion, kindness and love into your life. Learn why self-talk is so important to our relationships - both at home and at work. Discover what a powerful force our self-talk is in charting the direction of our lives. Gain the skills you need to slow down and listen to your self talk and change your inner conversation. If you are ready to transform your inner conversation and change your life, this book is for you. Speaking to Yourself with Love: Transform Your Self-Talk is filled with personal stories of how Maryse changed her own inner speech. She went from being cruel and critical of herself to being kind, understanding, loving, and compassionate, and to standing by herself like a good friend does. Years ago, Maryse made a life-changing decision to stop self-bashing. She then...

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