

Am Awesome Am: The Ultimate Guide to Self-Love and Acceptance

Are you ready to finally love and accept yourself unconditionally?

Am Awesome Am is the ultimate guide to self-love and acceptance. It will show you how to identify and challenge your negative self-talk, develop a positive body image, set boundaries, forgive yourself for your mistakes, practice self-compassion and kindness, and create a life that you love.

With practical exercises, inspiring stories, and powerful affirmations, Am Awesome Am will help you to increase your self-esteem, improve your relationships, achieve your goals, and live a more fulfilling and happy life.



I Am Awesome (I Am Book Series 3) by Sebastian A. Jones

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English

File size : 14234 KB

Screen Reader : Supported

Print length : 52 pages

Lending : Enabled



What you'll learn in Am Awesome Am:

- How to identify and challenge your negative self-talk
- How to develop a positive body image
- How to set boundaries and say no to things that don't serve you
- How to forgive yourself for your mistakes

- How to practice self-compassion and kindness
- How to create a life that you love

What others are saying about Am Awesome Am:



“Am Awesome Am is a must-read for anyone who wants to improve their self-esteem and live a more fulfilling life. This book is full of practical exercises, inspiring stories, and powerful affirmations that will help you to love and accept yourself unconditionally.”

- Dr. Christiane Northrup, author of Women's Bodies, Women's Wisdom”



“Am Awesome Am is a groundbreaking book that will change the way you think about yourself. This book is a must-read for anyone who wants to achieve their full potential.”

- Tony Robbins, author of Awaken the Giant Within”

If you're ready to finally love and accept yourself unconditionally, then Am Awesome Am is the book for you.

Free Download your copy today and start living the life you deserve.

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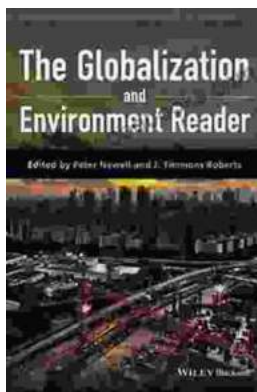
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