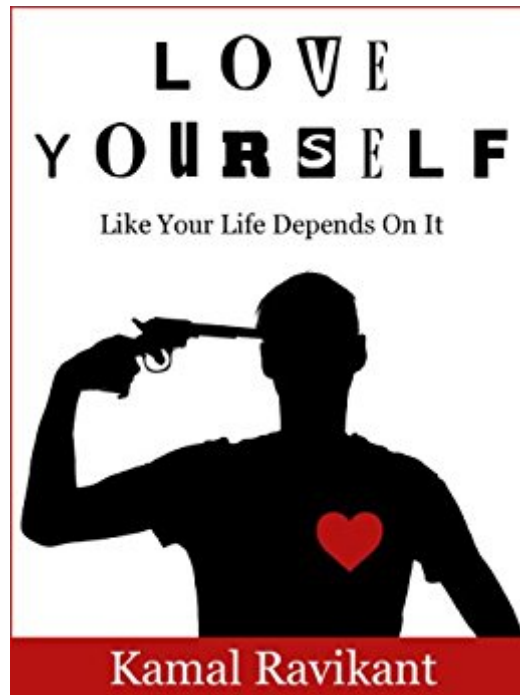




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# **Love Yourself Like Your Life Depends On It**



## Synopsis

In December of 2011, I gave a talk to an audience of scientists, Pentagon officials, politicians, and CEO's 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.

## Book Information

File Size: 188 KB

Print Length: 56 pages

Page Numbers Source ISBN: 1478121734

Simultaneous Device Usage: Unlimited

Publisher: Love Yourself; 2 edition (May 25, 2012)

Publication Date: May 25, 2012

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B0086BX8UE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #919 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Â Â Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Motivational #1 in Â Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Self-Help #1 in Â Â Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Spiritual Healing

## Customer Reviews

This is an excerpt from a review I wrote on my blog about Kamal's book, which truly has changed the direction of my life -What would you be doing with your life right now if you were madly, truly, deeply in love with yourself? Just sit quietly for a moment with the question. Close your eyes and really think about it.What would a person in your shoes do if they really loved themselves? I'm talking the kind of love a parent has for their child, the kind of fierce intensity that will drive them to do anything to ensure their child's wellness and happiness.Even if it means giving up everything they have.I didn't know that happiness began with getting the inside stuff right. With facing the truth about what I wanted from my life, no matter how crazy it might have sounded. So I ate. And in between eating, and working, and going out and showing how cool and happy I was by having massive drinking nights with my buddies, I started searching.I read all the self-help books from my Dad's shelves, all the Tony Robbins and Brian Tracy and Zig Ziglar, and I loved it. I bought my own books, 'Change Your Thinking', 'Authentic Happiness', 'How To Change Your Life in 30 Days'. I'd sit and have coffee and read and journal and dream, but I just couldn't figure out how to get from where I was to 'there'.And so I'd close my book and go home and I'd eat, and my deep down worries that maybe I wasn't so special after all would drift away.When my (first) marriage ended, my husband wondered how he hadn't seen it coming just by looking properly at my bookshelf.I wondered too.In the end I did give up everything I had and start afresh. Everything, even my toaster.And I built my life anew, a much happier and more fulfilling one. I've ticked off many challenges, said no to a bunch of 'you gotta dos', and I'm enjoying my ongoing development. Safe to say, I love my life, most of the time.But when I read Kamal's book and I looked in the mirror and tried to - without blinking - say 'I love myself', I cried.And I could just do it anyway without looking away, but at the same time I could hear the little voice telling me -As if. You don't love yourself. Not truly. You're not worthy of love.You have unpaid debts, a messy house, photos that haven't been printed in years. Things to put on ebay, and projects to finish.You haven't even cleared out your inbox.Who are you to love yourself?The voice will tell you that if you just do this one more thing, then it will all be okay. And because you're human and you like to believe there's an answer, you listen. And you strive to do the one more thing, all the while worrying about the other things you haven't yet achieved.You don't stop to think about whether the things you're working your life away for reflect self-love or just quiet desperation. And the need to keep enough, to be enough.So stop.Think about the stuff that consumes your head and your life. Think about the fact that you have one - ONE - life to live, and that it is slipping through your fingers as we speak. There goes another second of your life, DEAD. Gone, forever.Did you love it? Did you love yourself during in it?And how would the next year of your life change if you were madly, truly, deeply, passionately in love with

yourself?The direction of my life has changed in the past 8 or 9 days since reading this book. The real me, the one I've been hiding without knowing it, thinking won't be good enough, is coming out to play.I thought I was healed because I quit bulimia years ago. I thought my happy, healthy, successful life was enough. And I didn't understand why it didn't feel like enough, why I felt as though I was still having to impress people or do things a certain way even with working for myself.Starting to love myself is helping me to find myself. I hope it can do the same for you.Get the book. It will change your life.Kat[...]

As a practicing psychologist, I read a large amount of information on how to help my patients with various "new" interventions and treatments. For the past few years, self-compassion and self-love have been "hot topics" in the psychological world. I have used it with great success with many of my patients - I've come to the conclusion, that for many people who suffer from anxiety and depression, also seem to lack the ability to have self-compassion or love themselves...There have been many books written on self-compassion /self-love by some great authors. But... This \$2.99 Kindle book is almost magical in it's brevity, heartfelt message, effectiveness and practicality. I have re-read Kamal's book in order to help myself during stressful times in my life. I personally practice his self-7-minute meditation with music and it feels awesome. Great book and highly recommended.

Read this book after reading Live Your Truth, which spoke to me intensely. Again, the author challenges me to love myself. I'm damn near convinced.

Great book and great question(s). Definitely something to think about, and - more important - to find out how to support myself to love myself more.

Kamal has combined what seem to be NLP and Buddhist principles (unintentionally I imagine) to create a simple little practice that could seriously change your life for the better.It's worth noting that this book teaches you a (completely non-religious) practice. Its an inspiring read, but if you want to go beyond that and see tangible results in your daily life you'll need to commit to actually implementing at least some version of the exercises written here. They don't look too tough to me, maybe 20 minutes a day or less.I \*just\* finished reading this, so can't vouch for the effectiveness of the practice Kamal describes but I've done some daily rituals that were VERY similar and the results were definitely noticeable and positive.If you're reading this review, chances are you could definitely benefit from reading, and APPLYING the lessons contained within.You can read it in one sitting, and

it costs a dollar. I say go for it!

It gives a sense of hope. Here is one option that seems to make sense, though definitely would feel uncomfortable to start. The question I have used, "what would I do if I wasn't afraid" has not been effective because I usually focus on the fear. So this is the flip side of the coin. If I deeply, truly loved myself what would I be doing? He gives some insights on developing self-love to get started that are practically painless but do require focus. His attitude is that old saying, if it's worth doing it's worth doing well. There are no written exercises, only new thought patterns to explore and develop.

This book is truth! As a psychotherapist I'm always reading new books to help others and reinforcing my own positive mindset. As the author explains meditation is something you do over and over, when things are bad and when things are good. Negative mindset/thoughts can be right there waiting to get in, however with practice as the book teaches so well - it becomes easier to become just an observer of the negative Thought loop & not BE it (not jump in it) and refocus to your own positive thought of "I love myself" - or whatever works for you. This book was an easy powerful read that I will definitely suggest for clients. READ it & DO "like your life depends on it."

Great message, even if you don't "believe it". If you take nothing else away from this book just try repeating those 3 words over and over and over... If you are focusing your energy and attention on repeating "I love myself" you can't focus on negative thoughts. It's an incompatible behavior... neat trick.

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Love Yourself Like Your Life Depends On It The Primal Kitchen Cookbook: Eat Like Your Life Depends On It! Life is like a piano. What you get out of it depends on how you play it: Manuscript Paper For Inspiration And Composition (120 Pages/ 8.5x11/12 Staff) (Blank Piano Sheets) (Volume 3) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Food Allergies: A Complete Guide for Eating When Your Life Depends on It (A Johns Hopkins Press Health Book) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Architecture Depends (MIT Press) How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) Know Your Onions - Graphic Design: How to Think Like a Creative, Act like a Businessman and Design Like a God Aloha: Love, Suite

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