



# Loving Who You Are: A Self-Care Guide To Nurture Your Body, Spirit, Mind

*Dena Leigh Carter*

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In life, we often hear ourselves and others saying, 'love yourself.' But many of us don't know what that looks or feels like. Loving Who You Are shows you how to cultivate and build a foundation for self-love through self-care. With simple techniques on how to acknowledge your gifts and strengths, honor and value your body, connect with your heart and spirit and feel self-compassion, Loving Who You Are is an inspiring and down-to-earth guide to help you nurture your body, spirit and mind.

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