



Loving Yourself: The Mastery of Being Your Own Person

By PhD, Sherrie Campbell

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The purpose of this book is to set you free to be who you really are. As you love who you are you will find that you move through life holding your head slightly high and your chest will be expanded and open for love and receiving. Your neck will be long and lean, your throat open showing you are always ready to share and relate. You will know who you are and therefore will feel comfortable to be fully expressed. You will no longer worry about what others think of you. Why? Because you love yourself flaws and all. When you love your Self, and have your boundaries in place, there is not much that can take you off center for too long. This book encourages you to shine in your own full expression in this beautiful life where you know you are loved just for being exactly who you are.

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Editorial Review

About the Author

I am a licensed out-of-the-box Psychologist with over nineteen years of clinical training and experience. I earned my Ph.D. in Clinical Psychology in 2003. I work in private practice and write for several online magazines. I specialize in love and relationships. I work with everything from eating disorders, low self-esteem, body image issues, self-hatred, guilt, grief, trauma, life threatening diseases such as cancer and AIDS, not fitting in, bullying, abandonment, loneliness, sex issues, isolation, not feeling good enough, lack of motivation, fear, sadness, death and dying, and hopelessness. I have also worked with people in their most successful moments, glorious highs and dreams achieved. It is always important to see the good! Therapy is not just about the negative. It is about the WHOLE experience of life, the good and the bad

Users Review

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Quincy Eddy:

The book Loving Yourself: The Mastery of Being Your Own Person has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. The writer makes some research prior to write this book. This particular book very easy to read you can obtain the point easily after reading this book.

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