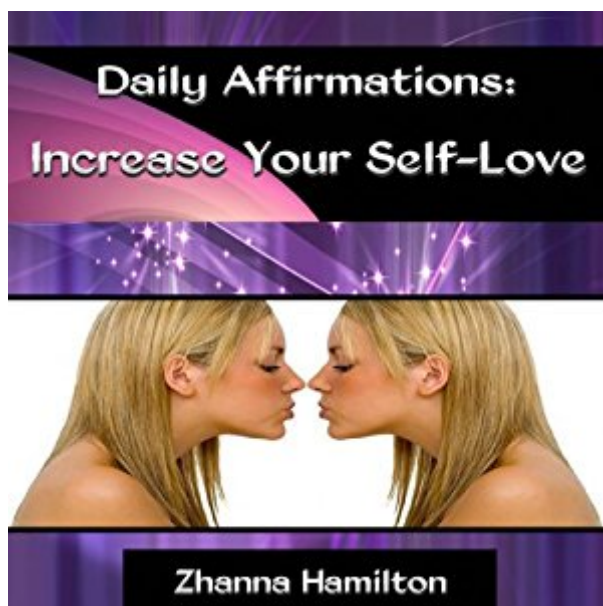# Daily Affirmations: Increase Your Self-Love

Synopsis

We live in a society that makes you feel guilt for spending time on yourself - but self-love is an important component of being a compassionate person that is able to give and receive love. Quality time with yourself is just as important as quality time with your loved ones. This audiobook includes inspiring music set to these soothing affirmations, allowing you to spend time with yourself in a positive mental atmosphere. Consider the time you spend with these affirmations as a date with yourself. For more information about the author, visit www.zhannahamilton.com.

Book Information

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