



Falling in Love with Me!: Every Woman's Guide to Adoring Herself

Ms. Valerie Kay Elstrand

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A must-read inspirational guide dedicated to women embarking on the joys of self-love. Each chapter explores feminine brilliance and how women are living from the inside out. Topics include adoring yourself as you are, welcoming the rejection of others but not your own, being willing to make savvy mistakes while sharing your gifts with the world, and living as "the woman of your dreams." There is an "Empowering Quote" at the end of each chapter such as, "It's an honor to walk in my own shoes as I master adoring myself and my life journey." There is also space for personal quotes and notes galore.

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