



30 Days of Self-Love: 30 exercises to help you fall in love with yourself

Mona Lisa Castillo

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"30 Days of Self-Love" contains 30 exercises designed to make us fully realize our inner and outer beauty. When we see ourselves with God's eyes, The Universe opens us and pours its blessings upon us. Manifestations take place effortlessly, and life becomes easy, full of vitality and joy. Embark on a 30-day journey of self-discovery and self-love: the love you searched for all this time, has been inside you all along.

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