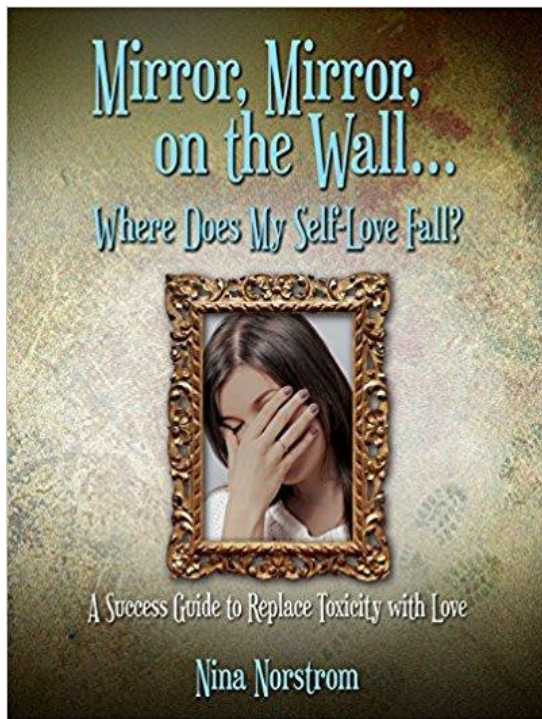




Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall?

A Success Guide to Replace Toxicity With Love

Written by Nina Norstrom



The Guide

This guide is stacked with an array of information and fun-filled activities. Once the dust settles, we each deserve a degree of self-love and that from our connected relationships . . . whether in mating, work-related or problematic issues. Think of it as a detailed script created to help redefine one's SELF-DISCOVERIES.

"When you don't love yourself, how can you expect another to love you?"

It's a simple question with a very complicated answer. Self-love should come naturally, but for many of us, it doesn't. Whether it stems from childhood abuses or toxic relationships along the journey of life, self-love can often be one of our greatest challenges.

In *Mirror, Mirror on the Wall Where Does My Self-Love Fall?*, Author Nina Norstrom helps us probe into our thoughts and emotions to uncover our self

concepts and gives us tools to reshape them, and in the process learn to fall in love with ourselves, which is the first step in living a fulfilling, happy life.

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Readers of The Self-Esteem Workbook by Glenn R. Schiraldi, PHD and The Self-Compassion Skill Workbook by Tim Desmond will like Mirror, Mirror, on the Wall

The most valuable and greatest relationship we'll have in life is the love for *self*!