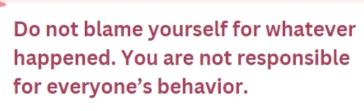


## — WAYS TO START— Loving Yourself And STOP LOVING THEM



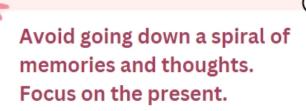
Take out some me time for yourself each day.







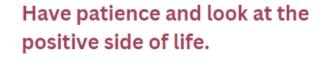
Do things that make you happy.







Focus on your health, both mental and physical. Take professional help if needed.







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