

[PDF] Madly In Love With ME: The Daring Adventure Of Becoming Your Own Best Friend

Christine Arylo - pdf download free book

Books Details:

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Description:

Review □Written by the Queen of Self-Love herself, this witty, soulful book makes loving yourself not only possible but fun.”

□ **Marci Shimoff**, *New York Times* bestselling author of *Love for No Reason*

□Christine Arylo turns the elusive task of learning to love yourself into a concrete, how-to, doable path that anyone can master. This is by far one of my all-time favorite books.”

□ **Rhonda Britten**, Emmy Award winner and author of *Fearless Living*

□ *Madly in Love with ME* is like a magic elixir □ just the potion we need to recapture that powerful, transformational force of loving ourselves fully and fiercely.”

□ **Meggan Watterson**, author of *Reveal*

□ Christine Arylo can help you know yourself, accept yourself, delight in yourself, and love yourself for real and for keeps. The result: you’ll shine more light, radiate more charisma, generate more power, and have more fun.”

□ **Victoria Moran**, author of *Creating a Charmed Life*

□ Much more than a self-help book, *Madly in Love with ME* is an illuminated self-love guidebook that shows you exactly how to love yourself well and live your happiest life □ no matter what.”

□ **SARK**, artist and author of *Glad No Matter What*

□ There’s a difference between liking yourself and loving yourself; there’s a difference between self-esteem and self-care. Transformational teacher Arylo has made a career out of teaching women what those differences are....[This book] unflinchingly affirms every woman’s right to love and care for herself first. Arylo makes the case with such enthusiasm and logic that, by the time the reader gets to the Forty Day Self-Love Practice protocol at the end of the book, it’s difficult not to sign on and give it a try....A terrific gift for special women.”

□ **Anna Jedrzejewski**, *Retailing Insight*

□ Arylo’s (*Choosing ME before WE*) unabashedly positive, step-by-step workbook is designed to help women take the compassion, appreciation, and care one would lavish on a companion, and redirect it inward. The author rescues the notion of 'self-love' from the reductive realms of masturbation, narcissism, and days at the spa, and presents it instead as a fruitful alternative to the incessant reprimands to sacrifice. Arylo is an enthusiastic mentor, and she offers plenty of creative tips for creating self-love, from going on a nice date (by yourself), working on a self-love□centered art project, and taking a love bath. For those made uncomfortable by the admonishment to 'vigorously love-loofah yourself,' she also provides practical exercises, such as quizzes, suggestions for how to productively rephrase ideas of oneself, and inspiring affirmations and 'love truths' to guide readers on their journey....Arylo’s warm, fun, and informative handbook contains deep truths.”

□ **Publishers Weekly**

"A witty, soulful book written by the Queen of Self-Love herself. This book not only makes loving yourself possible, it makes self-love fun." □ Marci Shimoff, author of *Love for No Reason*

About the Author Christine Arylo is a transformational teacher, an internationally recognized speaker, and the author of *Choosing ME before WE*. She is the founder of the international Self-Love Day, February 13, and the cofounder of a virtual self-love school for women, Inner Mean Girl Reform School™. She lives in Northern California.

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