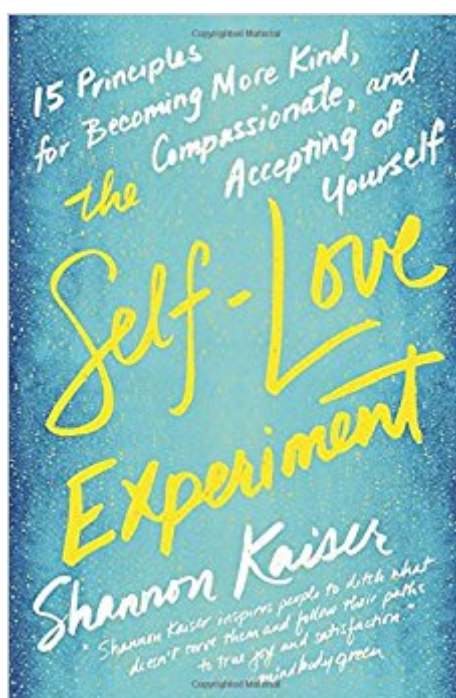


The book was found

The Self-Love Experiment: Fifteen Principles For Becoming More Kind, Compassionate, And Accepting Of Yourself



Synopsis

Put a stop to self-sabotage and overcome your fears so that you can gain the confidence you need to reach your goals and become your own best friend. Too many people seem to believe that they are not allowed to put themselves first or go after their own dreams out of fear of being selfish or sacrificing others' needs. The Self-Love Experiment rectifies this problem. Whether you want to achieve weight loss, land your dream job, find your soul mate, or get out of debt, it all comes back to self-love and accepting yourself first. Shannon Kaiser learned the secrets to loving herself, finding purpose, and living a passion-filled life after recovering from eating disorders, drug addictions, corporate burnout, and depression. Shannon walks you through her own personal experiment, a simple plan that compassionately guides you through the process of removing fear-based thoughts, so you can fall in love with life. If you want to change your outcome in life, you have to change your daily habits and perspective. Shannon takes you on this great journey into self-love and true self-acceptance.

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Customer Reviews

"Shannon Kaiser inspires people to ditch what doesn't serve them and follow their paths to true joy and satisfaction." — Mind Body Green "One of the freshest voices in mental health and wellness, Shannon is on a mission to empower others to be true to themselves and live their full potential." — Marci Shimoff, New York Times bestselling author of Happy for No Reason and Chicken Soup for the Woman's Soul "Shannon Kaiser is an incredible woman on a mission to help people find peace, happiness, and fulfillment in their lives. Her desire to serve

others shines through all of her work." — Gabrielle Bernstein, New York Times bestselling author of *May Cause Miracles* "[A] profound book and a must-read for anyone that prioritizes happiness. . . . This is the playbook for making small changes and shifts that will yield you large results in your happiness."

— Kristine Carlson, New York Times bestselling author of *Don't Sweat the Small Stuff for Women* "Shannon offers easy-to-absorb advice to help you become your happiest, most loved, highest potential self — and best of all she makes it a fun process. My kind of gal."

— Karen Salmansohn, bestselling author of *How to Be Happy, Dammit: A Cynic's Guide to Spiritual Happiness* "This is a breakthrough guide to help you release negative thought patterns and live a life you are in love with."

— Christine Hassler, life coach, speaker, and author of *20-Something, 20-Everything and Expectation Hangover* "She not only believes in the message of happiness, she lives it and breathes it. Every time I talk to Shannon, happiness finds a way in. Pick up this book and breathe in some happiness into your heart and mind."

— Christine Arylo, author of *Madly in Love with ME* "I admire Shannon because she's battled her own demons — overcoming depression, drug addiction, and an eating disorder — and has emerged with an enthusiasm for life, a belief in herself, and a passion for helping others identify and pursue what they truly want."

— Lori Deschene, founder of *TinyBuddha.com* and author *Tiny Buddha: Simple Wisdom for Life's Hard Questions* "Shannon shares her story of vulnerability and victory and emerges as a radiant example of what is possible with a mental makeover. Shannon gives you an easy-to-follow road map to lasting happiness, joy, and inner transformation. People say happiness is an inside job — this is the ultimate how-to manual."

— Amy Leigh Mercree, author of *The Spiritual Girl's Guide to Dating* "The Self-Love Experiment is the book I wish I'd had in my 20s. And my 30s. Now more than ever, we as women need to rise up and empower ourselves and each other. Shannon's book is the necessary guidebook we need to get ourselves there. Self-love can seem elusive, but Shannon has broken it down in easy to digest lessons."

— Andrea Owen, Author of *52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve* "Shannon's blazing one hell-of-a self-love trial for others to show up, release fear, and live life, fully. You know, one where your dreams come true, and we live happily ever after in love, with ourselves! The world needs this self-love injection. And so do you."

— Emma Mildon, bestselling author of *The Soul Searcher's Handbook and Evolution of Goddess* "Shannon is an absolute Goddess. She's a beautiful example of what is possible when you free yourself from self-criticism, blame and guilt, and choose love instead. I am in

total adoration of this woman and that's because of how in love she is with herself, the world and life! Thank you, Shannon for being such a light. Readers, you are in for a treat!" —Mel Wells, Eating Psychology Coach and Bestselling Author of 'The Goddess Revolution: Make Peace With Food, Love Your Body and Reclaim Your Life'

Shannon Kaiser is the author of *Adventures for Your Soul: 21 Ways to Transform Your Habits and Reach Your Full Potential*, *Find Your Happy: An Inspirational Guide to Loving Life to the Fullest*, and *Find Your Happy Daily Mantras: 365 Days of Motivation for a Happy, Peaceful and Fulfilling Life*. She has been named among the "top 100 women to watch in wellness" by Mind Body Green. She is a six-time contributing author to *Chicken Soup for the Soul* and an international life coach and speaker.

YAY! Shannon opens up more than ever about her honest struggles with addictions and destructive patterns. She gives tools to help others heal themselves. Sending you oodles and doodles of Love, Light, Angels, Flowers, Fairies, Crystals, Gnomes, Mermaids, and Unicorns! May you be free, be at peace, and be filled with joy! *Much Love*

"The Self-Love Experiment" has helped me to develop a deeper and more trusting relationship with ME. This book is authentic, raw, vulnerable, and POWERFUL. Shannon doesn't just teach about self-love. She decided to set out on an "experiment" to truly love herself and shares how even though every moment wasn't easy or perfect, she ultimately experienced a deep transformation. She shares both the highs as well as the lows, especially as it relates to her relationship with her physical body and how loathing her body was manifesting in her career and relationships. There is power in telling story- we learn from each other. I felt like I knew Shannon; I connected with so many of her feelings and experiences and found it easy to relate to my own. I found myself pulling out my journal through the whole book, eager to jot down insights that I was getting related to my own experience. This book was a revelation for me; I resisted some of the lessons, but continued to work with them and found that ultimately, the areas that I resisted most were areas in need of healing. Some of the most helpful lessons I learned from this book is that all fear and a lack of self-love is teaching an important lesson. Instead of trying to relinquish the fear or turn outward, Shannon teaches us to turn inward and figure out what the message is. There is purpose in EVERYTHING we are experiencing. She also teaches to find that little self within and comfort it; a lot of pain stems from childhood when we were too young to understand what was happening to us- so we have to

go to those parts of ourselves that feel unloved and extend love to them so we can integrate them into our current experience. Aside from this, she also teaches 15 "Self-Love Principles" that I have been applying daily and have written into my daily agenda as "reminders". I would highly recommend this book as a tool to develop a deeper relationship with yourself, transform fear into faith, and learn to show up for yourself on a daily basis. This book is an amazing gift to yourself!

This is the book I've been waiting for around self-love. The author talks about her own journey, but at the same time, brings you along to help deepen into your own self-love. What I love about this book is that the message is honest - Self-Love isn't a quick fix, it's a journey of self-compassion, self-respect, and learning to accept the parts of yourself that you may not always view as lovable. So many excellent principles in here to help bring the message home. It's a must read.

This book speaks to any woman that has an inner struggle about her self-worth and body. Shannon takes us on her journey of deep pain from her battle with food and not loving herself to ultimately releasing her self- condemnation of not being good enough. The book is one of the most powerful collection of exercises, affirmations and pure brilliance to inspire you to create change and fire up your self love!

Shannon has a great way of sharing her truth and making it relatable for others on their own personal journey, too. Self Love is a much needed topic and daily practice and focus in this world, yet it's not often discussed or we don't often give ourselves (or others) permission to dig deep within. this book helps us do just that and provides guiding principles that we can apply and focus on in our daily lives and self-love practice (it's a self-love practice, not a self-love perfect). :) I loved this book as well as Shannon's other books, especially Adventure for Your Soul. I highly recommend purchasing, highlighting and taking self-love fueled action with this book. :)

Shannon Kaiser is my spirit animal. No, really ÆfÂçÃ â ÑÃ â œ everything she writes resonates with me on such a deep and personal level; it's like she's inside my head! Whenever I had this book in one hand, I had to have a highlighter and sticky notes in the other because I was constantly underlining and marking powerful phrases and inspiring tactics for self-love. I couldn't put it down, and you won't be able to, either! I am so lucky to be a superfan of Shannon Kaiser. Thank you!

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The Self-Love Experiment: Fifteen Principles for Becoming More Kind, Compassionate, and

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