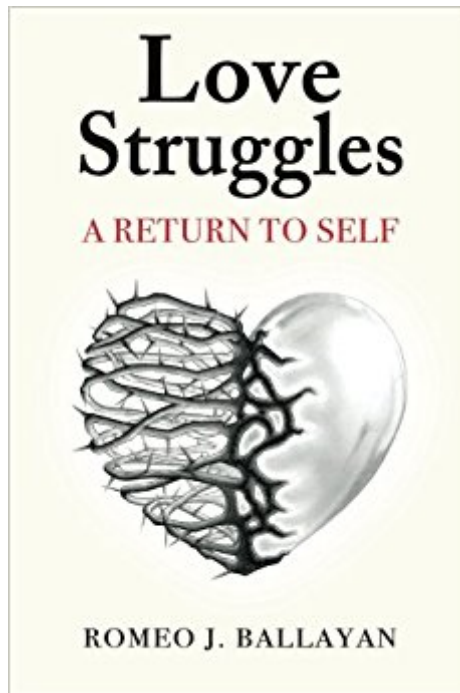




Ebook Directory
the best source of ebook

The book was found

Love Struggles: A Return To Self (Volume 1)



Synopsis

Have you ever experienced or do you currently experience unhealthy thoughts? Destructive thoughts that cause you to forget how wonderful and magnificent you are? Have these limiting thoughts been a result of insecurities or low self-esteem? Are you ready to experience the love and kindness you truly deserve? In this book, you will learn the value in emotional self-management. You will learn the importance of observing your train of thought and eliminating any baggage that doesn't belong to you. You will gain this awareness through various concepts, skills, and exercises including: • Turning off destructive or limiting voices • Defining what healing means to you and identifying its importance • Being accountable for meeting your needs

Book Information

Series: Love Struggles

Paperback: 164 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 31, 2017)

Language: English

ISBN-10: 1546397140

ISBN-13: 978-1546397144

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,079,601 in Books (See Top 100 in Books) #65 in Books > Gay & Lesbian > Nonfiction > Coming Out #85 in Books > Self-Help > Inner Child #612 in Books > Health, Fitness & Dieting > Mental Health > Codependency

Customer Reviews

Romeo J. Ballayan is a BSW graduate from The University of Central Florida. Romeo has worked as a Medical and Non-medical Case Manager for several years. He has primarily provided services for clients who have struggled with drug and alcohol misuse, mental health disorders, and HIV/AIDS. His clients have all expressed challenges with mental and physical abuse, suicidal ideations, and poor self-esteem. His goal has always been to bring clients to their own awareness, which is where he believes real, meaningful healing truly begins. He was inspired to write this book while encouraging his clients to work through their deeply rooted pain as he overcame his own.

A beautifully written book. I met Romeo when he was a student of mine at UCF over 10 years ago.

He has a true love and concern for people and it was obvious in the pages of this book. It was very easy to read and to understand. He had an interesting approach of unraveling the layers of our lives, beliefs and reactions to situations. Looking forward to vol. 2 and 3.

[Download to continue reading...](#)

Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Love Struggles: A Return to Self (Volume 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Self Love: Raising Your Self-Confidence & Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) No Return Ticket -- Leg Two: Sailing in the Treacherous Roaring Forties, Redemption and Love in the Great Barrier Reef, Pirates On Deck (Volume 2) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower) Self-Reliance Skills: Your Handbook for Becoming Self-Sufficient in the 21st Century World (Self Sufficiency) NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1) Self Sufficiency: Self Sufficiency Box Set - Hydroponics, Aquaponics & Beekeeping (Hydroponics, Aquaponics, Beekeeping, Self Sufficiency, Homesteading) Self-Therapy for Your Inner Critic: Transforming Self Criticism into Self-Confidence Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment)

Contact Us

DMCA

Privacy

FAQ & Help