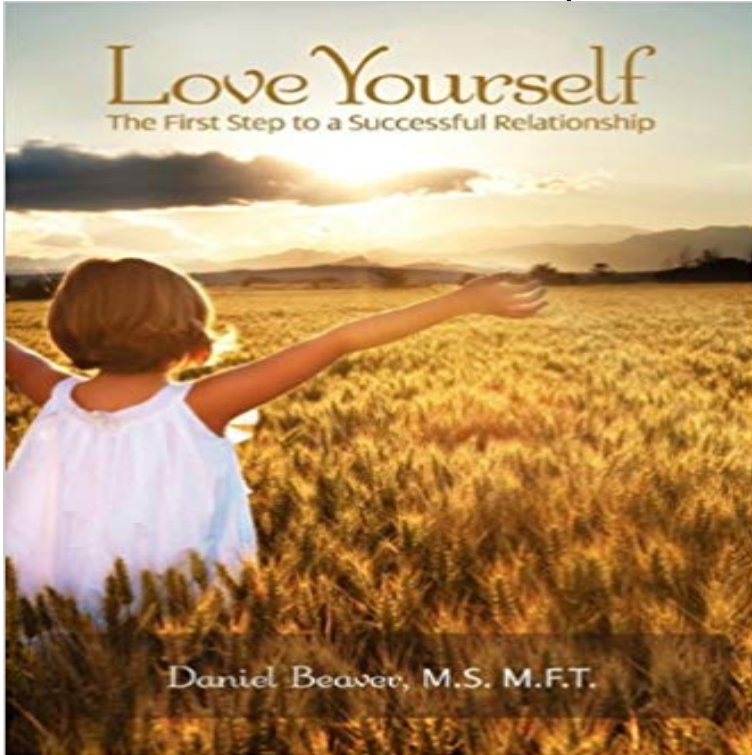


# Love Yourself: The First Step Toward Successful Relationships



Many of us have heard the phrase, You have to love yourself before you can love someone else. If you ask someone what it means to love yourself, all you get are one-word, usually vague answers. In a very real, direct, down-to-earth manner, Love Yourself teaches you to learn the attitudes and behaviors that make self-love a reality. Love Yourself is a guide to developing the skills necessary to increasing your ability to have a successful intimate relationship, including:

- Learning how to set better psychological boundaries in life
- Improving your self-esteem
- Communicating with yourself like you would a lover
- Handling your anger in a constructive manner

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