



The Art of Loving Yourself

The Guide for LIVING THE BEST TIME of Your life!

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Chapter 1 – Introduction

There are many successful people out there who are living their life as they want to. They are working hard doing what they absolutely love to do. The most successful people are those who work toward the things they are passionate about and love. There are many reasons for this. The more you love what you do the harder you are going to work at it because you will be enjoying your work.

If you feel like you are bored with your life or not doing what you should be doing with it then it is time to make a change. There may be obstacles or fears holding you back from accomplishing the goals you have set forth in your life. It is time to get past the obstacles and make your dreams happen.

Many people aren't quite sure what their true passion is. They want to work toward being successful as they see many other people but they just aren't sure what it is that they can do. Finding your passion is possible and it will take some deep searching within yourself. Your passion may be right in front of you and you don't even realize it.

Every passion has the capability of making money. It is just seeing the angle you need to take to make it happen. You shouldn't sit around and avoid your passion because you don't think you could financially survive on it because you can.

The purpose of this e-book is to help you find your real passion within. You will learn many techniques that will help you find your true passion and learn ways you can go about making them a reality. You can work toward your passions and make them a reality.

Once you finish this e-book you know yourself well enough to know exactly what your true passion is. You will know what you need to do to make your dreams a reality by using your passion and becoming a successful person.

Chapter 2 – Happiness is a Choice You Make

If you are not a happy person that is a choice you are making. You have full control over your life and the decisions that you make. There are many factors which people measure happiness. Some people think money is happiness however they may absolutely miserable with what they do on a daily basis to make their money.

You might look at people who have absolutely everything and you strive to be like them. These things may be wealth, possessions, status, or even the position you hold at work. These things don't create happiness. Happiness is a choice.

There are many people who have wealth and a high status who are completely miserable. They may be lonely, divorced and more. Happiness comes from within. These people may be working jobs they absolutely hate but just have a knack for making money.

Happiness is Subjective

There are things in life that can make you happy that are subjective. They are subjective because happiness comes differently for everyone.

You might find joy and happiness seeking thrills through rides like roller coasters and bungee jumping. This thrill may be more than torture for someone with a fear of heights who would never step foot on a roller coaster or ever be brave enough to jump from a bridge suspended by a bungee cord.

Everyone seeks happiness in their own way. What makes you happy is a natural high that you deserve to seek. There is nothing wrong with the things that you find joy in. You may be told you are crazy but that is because of the subjectivity.

Naturally Happy

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