

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

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#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

10 Self-Compassion Affirmations

- I accept myself as I am.
- I am enough.
- I am worthy of compassion.
- I forgive myself and allow myself to feel inner peace.
- I allow myself to make mistakes and to learn from those mistakes.
- I let go of the old and make room for the new.
- Today I will treat myself with kindness.
- Like any human being, I have strengths and weaknesses, and that's OK.
- I'm healing through self-compassion.
- I give myself the gift of unconditional love.

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