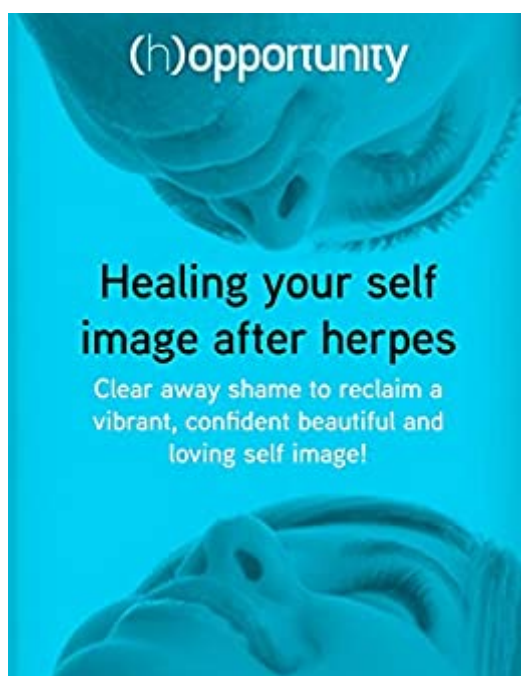


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# Healing Your Self Image After Herpes: Clear Away Shame To Reclaim A Vibrant, Confident Beautiful And Loving Self Image! (Guides Book 1)



## Synopsis

The tools and techniques in this book are proven to help you create a brand new, beautiful vibrant and loving self image. Have you ever wondered how a totally manageable and non life threatening skin condition have such a profound impact on your life? The answer is simple. Herpes has so much power because it can ruin your self image. It can take away your self esteem and contaminate the thoughts and feelings you have about yourself. Since your self image determines how you interact with the world, It makes sense that a broken self image can ruin your life. This is why I wrote this book. Instead of wasting precious time alone with negative and painful thoughts, you can invest that same energy into feeling better and creating a more empowering self image. In this comprehensive guide you get the all the most powerful tools and techniques from both my private herpes coaching practice, and the Opportunity weekend. I have collaborated with relationship coaches, communication experts to give you essential lessons about how to heal and liberate your self image so that you can feel free to have beautiful, mutually satisfying relationships. A few of the things youâ€™ll get from the the Self Image & Self Care Lifestyle Guide: Iâ€™ll show you how to identify and change negative beliefs about herpes so that you can love yourself and live your life shame free. Youâ€™ll learn the surprising truth about what it really means to live with herpes. Youâ€™ll get examples of people who feel great and are enjoying beautiful lives. Youâ€™ll learn new ways to take care of your body AND your emotions so that, not only do you feel great, but you also prevent many outbreaks before they ever get started. Iâ€™ll show you how to see through the cultural misconceptions about herpes so that you can decide for yourself who you really are, and so you can help other people understand you as well. Iâ€™ll reveal how your natural survival mechanism has you fooled to think that your life is one the line because of herpes, when itâ€™s really not. And how to let your survival instinct know that you are safe, so you can relax and enjoy your life. Iâ€™ll teach you how to transcend self judgment and self limiting beliefs about herpes so that you can be confident and secure in your relationships. Youâ€™ll learn how to change your negative self talk (the conversation you have inside your mind) so that you go from being your own worst enemy, to becoming your own best friend. Iâ€™ll also teach you how to be confident and shine as your best self so that people you are attracted to see your real beauty, instead of just seeing herpes. Any positive change (even if itâ€™s only a small one) will change your entire life for the better. When you feel good about yourself, your relationships get better, you feel more capable and you get better at handling all of your challenges with confidence. Itâ€™s like getting a second chance to love yourself. Can you imagine waking up tomorrow and starting your day feeling confident and excited about your life? If so, itâ€™s time to take an important first step towards a bright new future

for yourself. Although you can't cure herpes, you can cure how you feel about it, and when you do it's like healing your entire life. It's like getting a second chance to love yourself and enjoy life in ways you never thought possible. Why wait years to reclaim a healthy self image? Whether it's now, or in 5 years, or 10 years, or even 20 years, when you finally do wake up from the nightmare of herpes shame and stigma you will realize that it was your self image that was holding you back all along. You don't have to let precious time pass you by watching beautiful opportunities leave you behind. If you are suffering because of herpes then maybe it's time for you to shake yourself awake and start a brand new day, moving in a refreshing new direction.

## **Book Information**

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## **Customer Reviews**

I discovered Adrial Dale the author on YouTube before I bought this book and all I can say is WOW. Without a doubt the hardest thing about herpes is how I was treating myself. Every day I looked in the mirror and felt pain. I was telling myself horrible stories about my life and what it means about me. This book helped me see how I was treating myself and it helped me change that. I realize that I was never really nice to myself even before herpes and then things just got worse. The exercises

in the book got me understanding and supporting myself in a whole new way. There is a chapter about how to turn your inner critic into your own best friend. I cried when I read this. I can't tell you what a relief it is to wake up loving myself again. Herpes was ruining all my relationships. Not just my romantic ones. I felt so bad that even relationships with family and friends were suffering and no one knew why. Now that I'm loving myself I'm able to be more loving and connected with other people. I think this book saved my life.

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