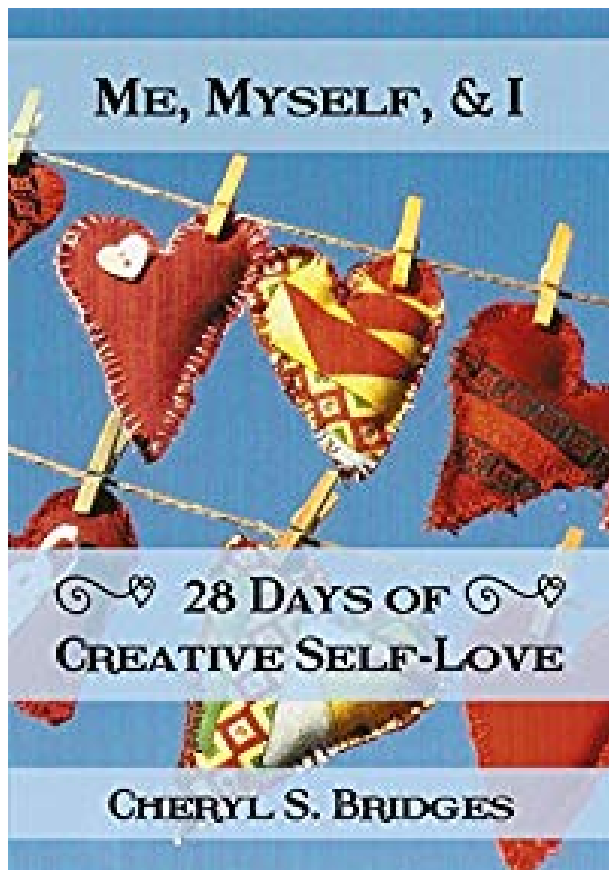


Me, Myself, & I ~ 28 Days of Creative Self-Love



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“Me, Myself, & I ~ 28 Days of Creative Self-Love” is a multidimensional exploration of what we can do in learning to love ourselves—warts, wrinkles, and all. Traditionally, books have been flat, 2-dimensional words on paper or a computer. However, this book is multifaceted in that every page has pictures, artwork, and music to accompany the words, as well as creative exercises and journaling reflections to enhance your experience of each day’s topic. There are actually creative tools to use as you read: a YouTube playlist, an online art gallery, and tons of links to other resources. Combined, these facets take readers to a deeper place, a deeper understanding of how we can move gently and delightfully into self-love. One of the most exciting benefits for readers is the repeated invitation to open up unconditionally to the beauty of who you really are. The book rolls out the red carpet that most of us never got to be okay with that. In this invitation, you can reconnect with your innermost aspects through exercises, music, and color. Connect and communicate with those parts of you that lay hidden.

Re-enliven your imagination as the means to both connecting and communicating. "Me, Myself, & I ~ 28 Days of Creative Self-Love" gives you permission to be and to love all of who you are--from rageful to wonderful--and to forgive all of who you aren't. It uses language that embraces all of what you bring to life and encourages all of what you have tucked away in the dark recesses of your heart.