



Self Love Ring

Introducing the book

I would like to use this book as a personal description of my vision about self-love.

I'm glad to be able to share a topic that can be different to each person, but understandable.

Make Yourself...

"Your greatest responsibility is to love yourself and to know you are enough".

Self-love is the most personal relationship a person can have. I could say it is the kind of feeling we're always growing and learning through. Self-love teaches about yourself.

Self-love is also the feeling which can be add up to different sceneries of your life. Sceneries as friendships, relationships, mental health and others.

Everyone is born with self-love inside themselves, but every person has a different way to reap it.

"How i reap my own love".

We are all created with qualities, even though a personality can have an evil side, i will always believe goodness is bigger than badness.

Not being different from my beliefs, self-love belongs to one of the characteristics of my personality.

The most interesting fact about self-love is that you are your own teacher with it. You can have inspirations from those around you, but only you can build self-love, It will always come from your interior.

"You are responsible for your own happiness".

"How self love leads to someone else".

I always tended to have self-love to pick those i would like to have around me. It applies to friendships, relationships, family members, co-workers, any kind of interaction. I believe you must be your own home to know who you want to stay and those who you want to go.

Self-love will never be vanity, but sanity. It is a necessary characteristic to everyone's lives. Even though it can be painful to listen to a self-love advice, as long as it is constructive, it will lead you to become someone better.

"As long as i reap it, i learn".

For me self-love will always be a continuous learning, i get to learn from it every single day trough the ups and downs.

I have issues like low self-esteem, insecurity, anxiety and others as many people does. But hopefully i seek to work on it from what i know and feel trough self-love. Sometimes i won't get suceeded at it, but once you fall you can only get up.

Everyone is mean to live their own experiences, sometimes people will need to be on a different page of you, but i wish every person to recognize how self-love can change their lives. Every thing related to real and healthier love will just save you.

A special letter.

There is power in your heart. A power that can be used as a quality to make your life become what you want it to be. I wish you to live that powerful characteristic in your life. When you have the knowledge of your worth, you know every thing you are capable to reach. Even though fear can make part of your heart, you were made of love, what truly defines you will lead you to the truth and set you free.

Luiz Fernando Bittencourt.