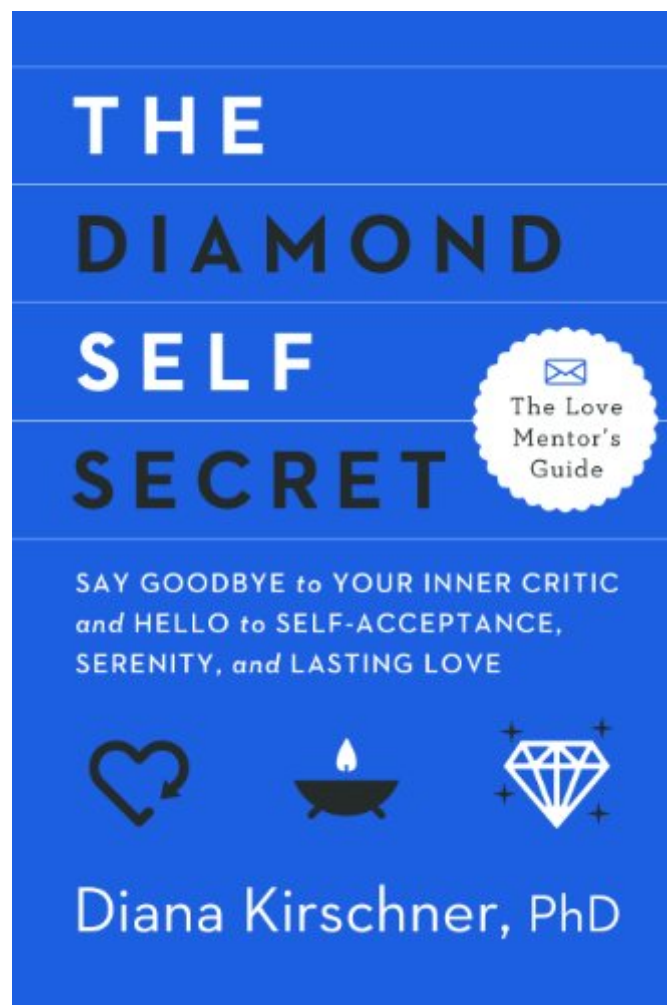




The book was found

The Diamond Self Secret: Say Goodbye To Your Inner Critic And Hello To Self-Acceptance, Serenity, And Lasting Love (The Love Mentor's Guide)





Synopsis

Imagine: Breaking free of self-doubt, of all that self-criticism about being fat, old, or not good enough. Liberating yourself from fears born out of wounding relationships, disappointment, betrayal, loss, and abandonment. Finally being able to: Feel more confident without years of therapy Feel irresistibly attractive without dieting, losing weight, or buying a whole new wardrobe Be happy and spiritually alive without going to endless workshops Enjoy real intimacy without losing yourself or being uncomfortable in a love relationship Be fully present without a steady stream of worries and troubling thoughts What if you could do this using a simple mental exercise? The strange truth is you can. It's all in this concise, powerful book by renowned psychologist and Love Mentor® Dr. Diana Kirschner. Through a holistic plan that addresses body, mind, and soul, Dr. Diana shows you how to shed self-sabotage and become your Diamond Self, your best self—that person you were as a young child when you were connected to your joyful inner spirit. The Diamond Self Secret is based on neuroscientific studies, which show that no matter how old you are your brain is always learning and changing. The book offers an easy-to-follow guide that anyone can practice at home to shape this core transformational process: You will be able to instruct your brain to change your identity and, in so doing, change everything else. Join Dr. Diana on this journey to becoming the confident, joyful, attractive person you know you can be—your Diamond Self. Rely on her as your guide, cheerleader, and champion of possibility. Happiness, peace, and fulfillment are closer than you think.

Book Information

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Customer Reviews

This book is a jewel! It is a step by step guide to get in touch with your true unadulterated self. I use this before I teach a class at college..Can't tell you how much better I feel teaching after doing this..Thanks Dr. Diana..

This book encouraged me and helped me realize I am worth it! Life is worth living and I am the one who ultimately determines how I view my life. Not everyone else. I didn't know I was so powerful about myself!

It gives good advices in positive thinking and it is easy to read.

This was an interesting book, but it was not right for me. I appreciated how the author kept saying that some chapters may not be what you need , but read the whole book for help. I have read many self help books, and they all help to some degree. I could not read this book all the way through. I did appreciate the message. It did remind me that the mind can be your worst enemy. Thanks for the opportunity to read this book. I think it will be helpful for those who are looking for love and acceptance.

Helpful

The Diamond Self Secret is Dr. Kirschner's newest e-book, offers guidance on rewriting our negative self images and embracing a more positive self-understanding. One of the most difficult things I've encountered personally and professionally is stilling the inner critic. There are exercises in this book that help one re-direct and silence the inner critic that keeps one from reaching her full potential and blocking one from achieving her dreams and goals. Recommended!

Finding something that can unlock your secret hidden worth is rare in a book. But this has easy to

follow exercises and doesn't confuse you with a lot of complicated psychology terms. It's good for anyone making any kind of change.

I believe there were good intentions, but honestly I feel like the book was rushed, jumbled, and ineffective. There was no real depth to this book at all. There's a complete overuse of abbreviations. I literally had to travel back to the beginning of the book to remember what they all mean. It's just overall poorly written and overall I wouldn't recommend it.

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