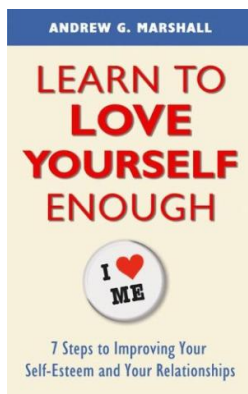


## Learn to Love Yourself Enough: Seven Steps for Improving Your Self-Esteem and Your Relationships



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