

From Self-Doubt to Self-Love: My Struggle To Like Me

Understanding Self-Doubt

How It All Began

Impact on My Mental Health

The Journey to Self-Love

Seeking Support and Guidance

Changing Negative Self-Talk

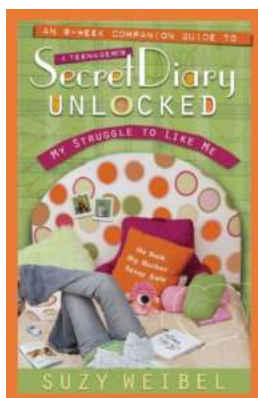
Embracing Imperfection

Tools and Techniques That Helped Me

Positive Affirmations

Mindfulness and Meditation

Self-Care Practices



Secret Diary Unlocked Companion Guide: My Struggle to Like Me by Suzy Weibel (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 2128 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages
Lending	: Enabled
Screen Reader	: Supported
Hardcover	: 214 pages
Item Weight	: 1 pounds
Dimensions	: 6.14 x 0.56 x 9.21 inches



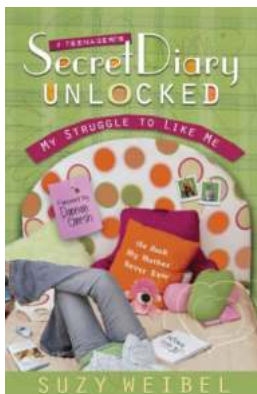
UNLOCK THE DIARY TOGETHER.

After unlocking a secret diary there is only one thing to do...read it with your friends. With the help of pointed questions, pertinent group games, and purposeful sharing scenarios, this Companion Guide will turn A Secret Diary Unlocked into a group-changing experience.

Self-motivated girls, older sisters, youth leaders, and moms should take this book and dig deeper to find where Suzy's diary ends and where theirs begins...

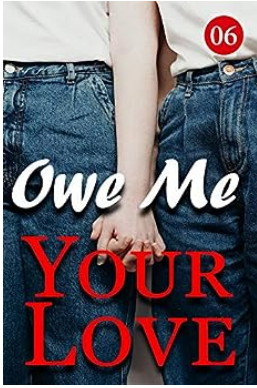
FRIENDS. GUYS. MOM. GOD?

God wants to be first in our lives--whether we are thirteen, twenty, or forty years old, and regardless of our boyfriend status. He comes first.



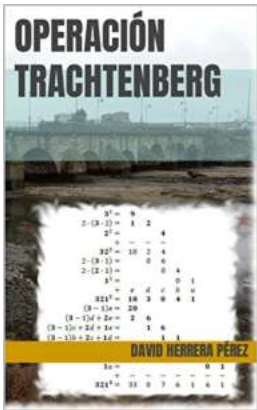
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The Struggles, Triumphs, and Lessons Learned in Discovering My True Self Have you ever stumbled upon a long-forgotten diary tucked away in a dusty corner, only to find...



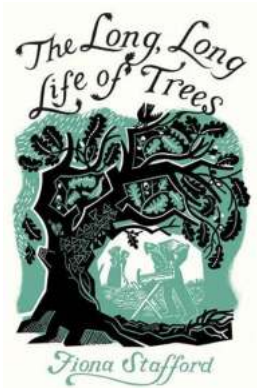
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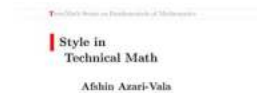
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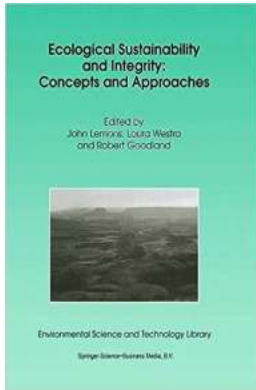
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