



# The Power of Accepting Yourself

*Michael Cohen*

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# The Power of Accepting Yourself

*Michael Cohen*

## **The Power of Accepting Yourself** Michael Cohen

Are you your own worst enemy? Does fear stop you from being the person you want to be? Do you always think you can't - whether it is passing an exam, finding a new job, maintaining a healthy weight or tackling any of the problems life puts your way? The good news is that these common fears can be overcome.

Michael Cohen can help you lose negative attitudes so that you can fully accept yourself, plan for the future and start to move forward in your life. In this book learn how to: Value yourself, no matter what others say. Stop letting the opinions of others to rule your life. Find out what holds you back from making the changes you want. Deal with anxiety, fear, worry and depression.

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