



# **The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide)**

*Diana Kirschner*

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## **The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) Diana Kirschner**

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.



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This The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) book is not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This specific The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) without we know teach the one who looking at it become critical in thinking and analyzing. Don't become worry The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it in your lovely laptop even telephone. This The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide) having very good arrangement in word as well as layout, so you will not experience uninterested in reading.

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#### **Samuel Puckett:**

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**Sean Jones:**

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