

A photograph of a dirt path leading through a forest. The path is light brown and leads towards a bright light at the end of the path, creating a strong perspective. The trees on either side have autumn-colored foliage in shades of orange, yellow, and red. Some evergreen trees are visible in the background. The overall mood is peaceful and hopeful.

If you can learn to love yourself
and all the flaws, you can love
other people so much better.
And that makes you so happy.

Kristin Chenoweth

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Love Yourself Learn How Happy

Tom G. Stevens PhD



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