



When You Think You're Not Enough: The Four Life-Changing Steps to Loving Yourself

Daphne Rose Kingma

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There are thousands of reasons for not loving ourselves. Every person has one, or one hundred, it seems. We're too fat or too thin. We cry too easily or not at all. We're not good enough, pretty enough, tall enough, powerful enough, brave enough or interesting enough. We convince ourselves that we don't deserve the lives we desire.

In *When You Think You're Not Enough*, bestselling author and psychotherapist, Daphne Rose Kingma, helps readers root out the behaviors and beliefs that have prevented them from loving themselves. She offers a four-step plan for reclaiming yourself: speaking out our heart's desire, acting out to meet our heart's desire, clearing out old patterns, and setting out on a new path.

Through stories and examples, Kingma offers a profound, yet simple process for practicing how to feel good enough, smart enough, and deserving of happiness. *When You Think You're Not Enough* is a positive guide to a fuller, happier life; one filled with compassion for yourself and others.

Kingma's book *The Ten Things to Do When Your Life Falls Apart*, published by New World Library, is the Winner of the 2010 Books for A Better Life Award, Best Spiritual Book.

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