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But how to be more confident and love yourself? Well, learning to love yourself is a journey, these are short fire lessons you have to learn, activities you should to improve your self love and increase genuine happiness in your life. Here ' re 17 ways to learn to love yourself and be happy: 1. Cast out of the Idea That You Have to Be Perfect

17 Ways to Learn to Love Yourself and Be Happy

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To love yourself, you need time away from noise and distraction. Sit quietly in a room or lay down on your bed with your eyes closed and just breathe in and out, appreciating the solitude of the moment. 5. Listen to your intuition. There is an inner voice some people pay more attention to than others.

How to Learn To Love Yourself With These 10 Self Love Tips

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