

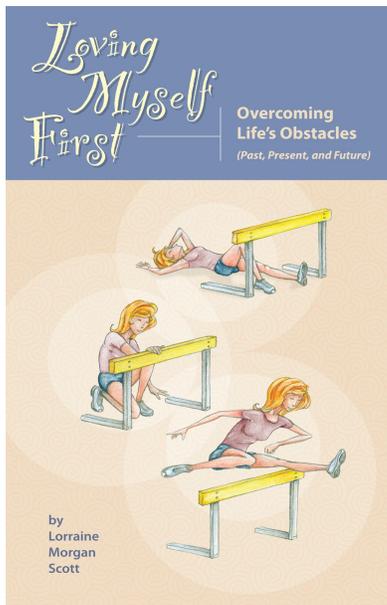
**“Numerous ah-ha moments as I read the book.”**

Lisa Yambrick, former editor, NDU Press

# Loving Myself First

Overcoming Life's Obstacles (Past, Present, and Future)

by **Lorraine Morgan Scott**



***Don't take a chance with your happiness***

You can't count on *someone else changing* for you.

You can't count on *someone else making* you feel good.

You can't count on *someone else building* your confidence.

**But *you can* count on the techniques provided in Lorraine's book to help *you* love, respect, and believe in *yourself*.**

**For example, did you know that:**

- ♥ You can change ANY negative learned behaviors
- ♥ You can become assertive *instead of* passive or aggressive
- ♥ You can love you: completely and without guilt

# ***Your life could be in danger***

*of becoming fuller, happier & “more” if you:*

- ◆ ***Accept yourself***
- ◆ ***Respect yourself***
- ◆ ***Develop your potential and***
- ◆ ***Dream \* Believe \* Visualize \* Achieve™***

## ***Loving Myself First*** asks:

How can you love another if you don't love yourself?

How can you support another if you don't see your own potential?



In seminars, interviews, and articles' Lorraine Morgan Scott talks about how a positive sense of self can change the world! A woman who has self-respect and self-confidence can grow, be purposeful, and self-reliant. Can one book change all this? YES! One person at a time. Self-worth does not coexist with learned helplessness and co-dependency.

***Loving Myself First*** is written for the woman who may want “*something to change*” in her life: promotion, love, happiness or even dream fulfillment.

### ***About Lorraine***

- ♥ Author of "Beauty Secrets You Can Use at Home" and "12 Easy Ways To Tame Your Stress Monster"
- ♥ Personal and professional development course creator, facilitator, singer and speaker
- ♥ Certified professional coach who specializes in helping people enrich their lives and improve their relationships through effective communication

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To order, please email [sales@PepTalkCAP.com](mailto:sales@PepTalkCAP.com), or call 509.590.9365.  
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