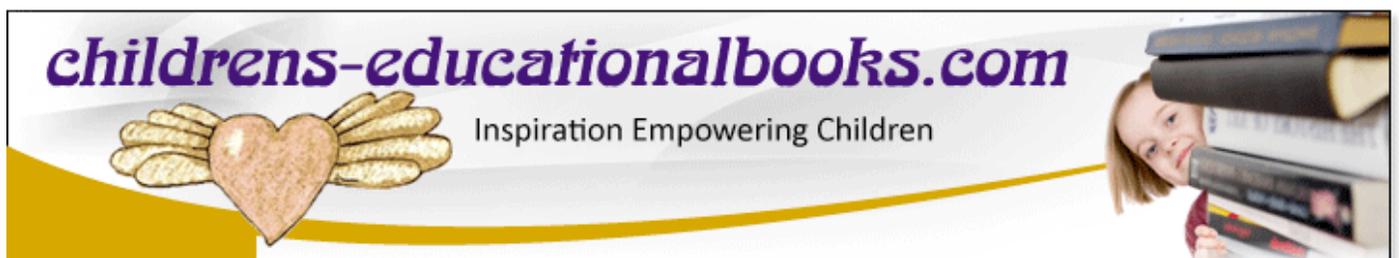


Self-Love: Fuel for Life



by Harvey Rosenberg, C.M., M.A.

For heart centered, spiritually guided, health wellness oriented women and men wanting to deepen self-love to feel healthy and wealthy.



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by

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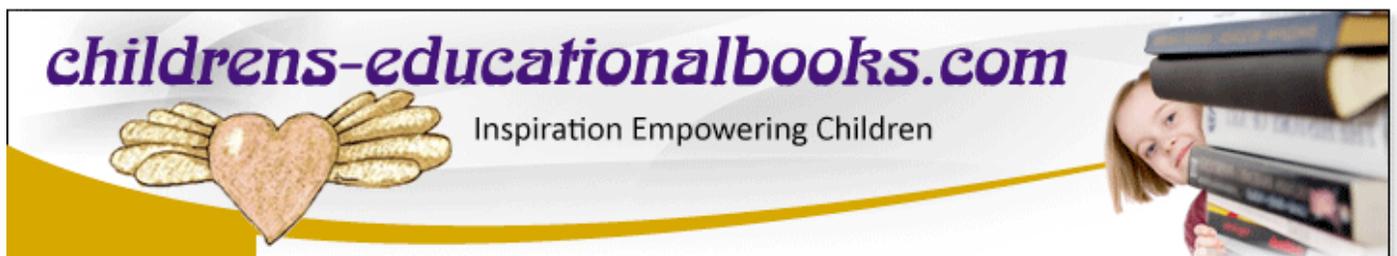
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Self Love is the Starting Place for Health Wellness **We're Operating with an Out-Dated Definition of Self-Love**

I was about to marry, and did marry, a sweet, sexy, kind young woman who loved me.

Right before the ceremony, I said to myself: "This is either the best thing I've ever done or the worst." I had so many drugs and hallucinogenics running through my blood stream, I couldn't think clearly.

Yet shortly after the marriage, a friend said to me, "**You can only love another to the extent you love yourself.**"

My ears heard these words of wisdom but my heart heard nothing. They flew over my head, escaping into the ethers. They had no chance to sink in.

How much self-love could I have possessed if I was asking this question right before marriage? A part of me knew it was a mistake, yet I still went ahead with the marriage, and a few years later, filed for divorce.

To listen to and to trust your heart, you must commit to loving and accepting yourself for who you are at this **present moment**. I never even thought of whether or not I loved myself, whoever heard of self-love in the early 1970s?

According to Sandra Anne Taylor in **Secrets of Attraction**, "The single most significant influence on the light or darkness you carry with you is

your perception of yourself.” (p. 34, Secrets of Attraction).

Until you feel worthy of love, until you have a deep and profound love affair with yourself, your Love Account statement will always be 0.

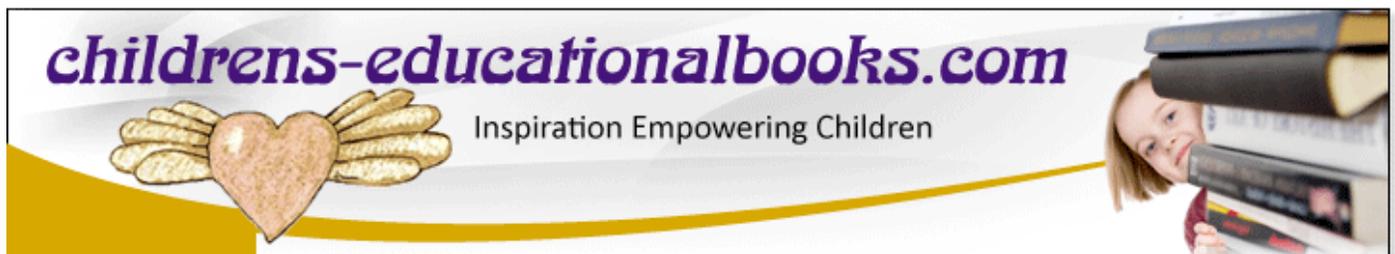
This e-Book describes the important role self-love plays as the foundation to health wellness. You’ll discover self-love applies to each and every decision you make, from the smallest, seemingly insignificant decision to those that have huge ramifications in your every day well-being.

A Useless, No Longer Viable Definition of Self-Love

The Encarta World English Dictionary defines self-love as “concern with only your own wishes and desires.” Further, they offer no synonyms for self-love. This definition is completely useless, in error, and damaging to anyone who believes it.

Can the definition be a key factor why so many of us have difficulty loving ourselves?

Is it possible that people responsible for raising and/or educating children might be accepting an unworkable, no longer useful definition of self-love?



Might many of our workplace stresses and communication problems result from managers having poor and low self-esteem that they don't trust their subordinates to do the jobs assigned them? And are threatened by innovative people as well?

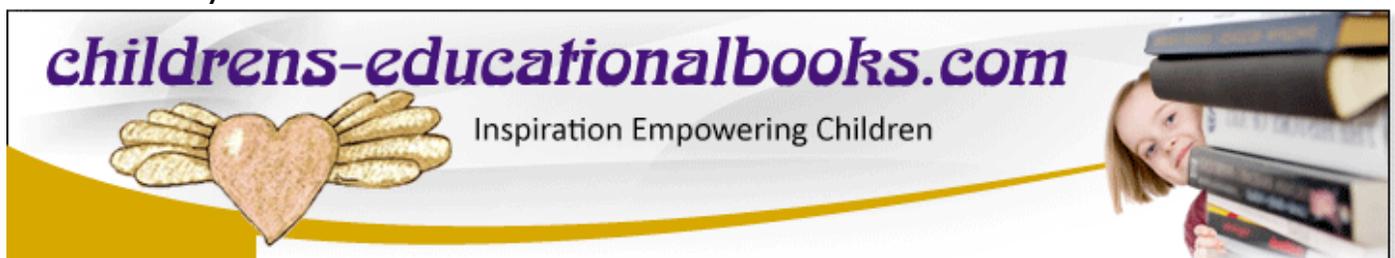
Your heart is always telling you what it needs to feel satisfied, content, at peace. These messages have nothing to do with instant gratification needs we usually respond to that are harmful and self-destructive.

When you follow the quiet messages your heart sends, you feel a deeper sense of peace. How useful is a definition that makes people feel guilty by stressing "concern with only your own wishes?"

You cannot commit to health wellness UNTIL you love yourself, until you honor yourself, until you accept responsibility for your health and well-being.

Health wellness didn't exist my first thirty-nine years. I constantly sought instant gratification through alcohol, drugs, gambling, overeating, stealing, and moving to new areas.

At twelve, I remember vividly getting drunk, consuming almost a fifth of Vodka, then falling face-first on a tar driveway, finally puking my guts out for four days.





As a young adult, I stared at my reflection in the toilet bowl through gobs of chocolate ice cream I had vomited after consuming a gallon because stuffing feelings was easier than facing fears.

Only when I became totally desperate, in deep depression, with almost no self-esteem did I begin listening to my heart's needs.

I started to make life precious through daily doses of self-love. It is a life-long journey that has transformed me. Now, my life is peaceful, heart-centered, and abundant with loving friends.

If I can change and live with no alcohol, drug-free, no gambling or stealing for twenty-five years, no bulimia for twenty years, with increasingly higher and higher self-love, so can you.

In Part 2, I show you how to **Leap Frog Life's Dung Heaps to Healthy Self-Love.**

