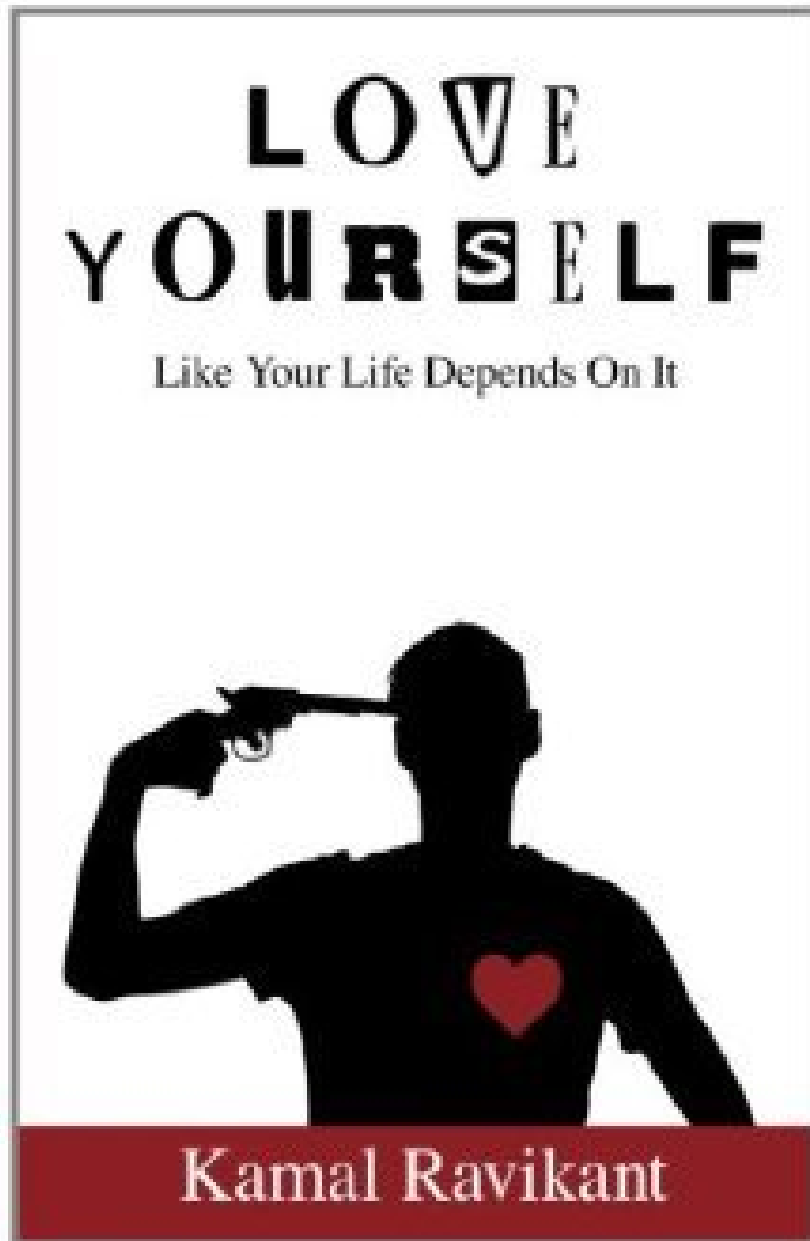


Love Yourself Like Your Life Depends on It Book PDF Download



By:
Kamal Ravikant

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What people Say:

Julie

Yes, the book is short, simple and reiterates a familiar self-help axiom. No, it's probably not going to tell you anything you don't already know, at least intellectually.

But here's the thing: It's a really, really good place to start when you are so low you've forgotten everything you ever knew about being happy.

It's simple, stuff, really, the way he presents it. But it isn't so simple or obvious for the person who lives within a paradigm of fear. When dealing with anxiety (which is closely re

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It's simple, stuff, really, the way he presents it. But it isn't so simple or obvious for the person who lives within a paradigm of fear. When dealing with anxiety (which is closely related to depression) the most "commonsense" reaction is to try to treat the fear and get yourself to just be "brave".

I personally spent years chasing demons before I realized that this doesn't get you anything but more fear. You can't fight fear. But you can shift it into something else.

It is my opinion, that energetically speaking, love is the opposite of fear, rather than courage (which is really just fear you are willing to confront), and this is why "loving yourself" so effectively addresses fear.

Fear makes it very difficult to experience love. But the opposite is also true, and this is the magic of the book. The more you can pull yourself towards the love end of the continuum, the more you squeeze out fear.

Love expands what fear has contracted, a process that creates a domino affect in your life.

Cara

Very short, very simple book. The basic idea is that you repeat "I love myself" over and over in your head as a mantra, choosing to repeat that instead of the other junk that usually loops non-stop in there until you wear a new groove with it, deeper and better than the old ones. I probably would have dismissed the idea out of hand, but someone I respect a lot tried it and got results within only a few days. Ok, I'm game. I've been trying for years figure out how to love myself unconditionally.

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The other pieces of the puzzle are a simple meditation, basically breathe in "I love myself" and breathe out whatever comes up, and a question: "If I loved myself truly and deeply, would I let myself experience this?" That question knocks me out. I'm definitely using that!

Notes:

location 427:

"James Altucher, in one of his best blog posts, talks about how he stops negative thoughts in their tracks with a simple mind trick. 'Not useful,' he tells himself. It's a switch, a breaker of sortsâ€¦"

This is the book with the story about the doctor curing the schizophrenic who was hallucinating snakes.

Matthew Trinetti

My main takeaway is this: Anything worth attaining, including your own happiness, takes practice and work.

A couple months ago, when I temporarily got lost [See: How to Get Lost] and forgot why I was traveling, I came to a simple realization: To prevent this from happening again, I must constantly

remind myself why I'm here.

From that point on, I decided that every single day, I would reconnect with The Why. Daily. Constantly. Always remember why.

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From this realization came another, simpler realization: Anything worth attaining takes practice and work. Including something as simple as reminding myself why I'm traveling.

In this stream of thought, two types of people came to mind: Athletes and Monks. Why does the athlete practice daily? Why does the monk pray all day, every day?

Both the athlete and monk know their goal. And they know the optimal physical or mental state they need to reach their goals. They know because they've been there before. But they're not always in that state.

Tanya

Was reminded of the quote "I share therefore I am" - Included the quotes I loved below,

• Besides, being a tourist in a crowded city is a guaranteed way to feel lonely. At least when you walk in nature, you are supposed to be alone. •

• This helps me feel a little better. I may not know the details of the pilgrimage, but I know how to walk. •

• Then, like the nuns from my one year at Catholic school, she firmly lists the rules. •

• I get the sense that I'm part of something bigger than myself. It's a stra

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• Then, like the nuns from my one year at Catholic school, she firmly lists the rules. •

• I get the sense that I'm part of something bigger than myself. It's a strange feeling, but one I like. I don't feel so alone. •

Jeremy

This is the shortest book I've ever read. In approximately 50 pages Kamal Ravikant vulnerably shares the story of his rise to early success that was quickly followed by his plummet to painful failure, severe depression, and chronic illness. This book chronicles the simple steps Kamal took to pick himself up, dust off, and rise again to an entirely new level of abundant living far greater than financial success. Every day we hear and celebrate the success of others. We rarely hear of the challeng

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