"Meaningful change does not happen overnight, what we're doing here is rewiring thought patterns in our brain to have a better life and a better future for all people. I think it's important to think of it like exercising a muscle. The more you do it, the better it gets and the easier it gets. I encourage you to do it on a daily basis. Make it a daily practice and you will start to love yourself."

JSKY

"The moment I started to say to myself that I was enough and I love myself, other people started to agree with me. I mean when I said the opposite, they also agreed with me, so I thought it was more important to love myself first."
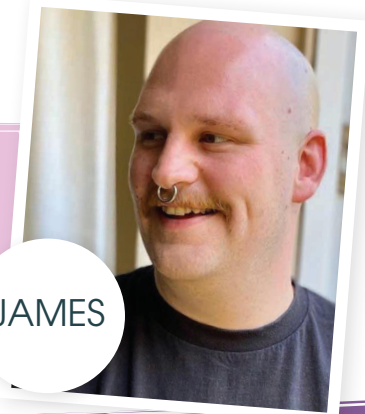
"If you become comfortable with something and you accept something, you're going to become more confident with it."

CLARA

"After a while I felt that I wasn't pretending to be this confident person any more, it was just seeping into my being"

JAMES

"What I found helped... Going to therapy, speaking to the people close to me, journaling, reflecting on why I feel the way I do and focussing on how I feel about myself - cancelling out the noise of what other people think, which is easier said than done but it is doable. Getting introspective and working out what I needed for myself."

NYOME

you are a limited edition.