

The Easiest
Way To

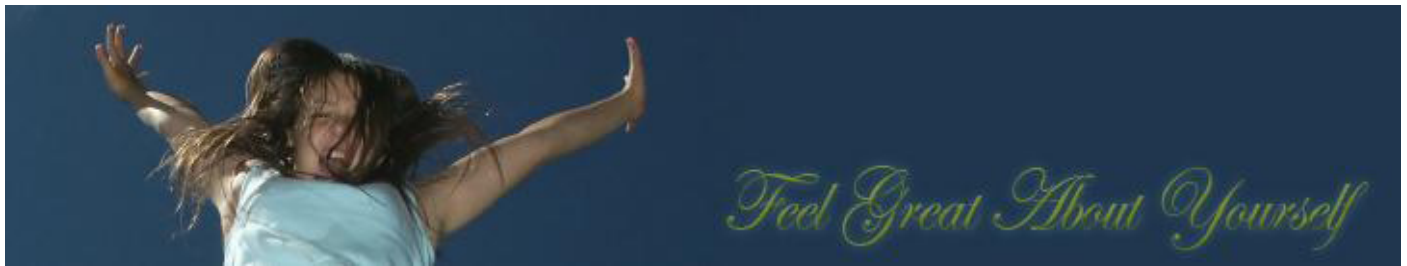


**Feel great
about yourself**

Written by Mireille J.A. Lepelblad Ogbolu

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Feel Great About Yourself



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**-The Easiest Way To-
Feel great about yourself**

Author: Mireille J.A. Lepelblad Ogbolu

<http://www.feel-great-about-yourself.com>

Do at least one thing everyday that makes you feel great about yourself!

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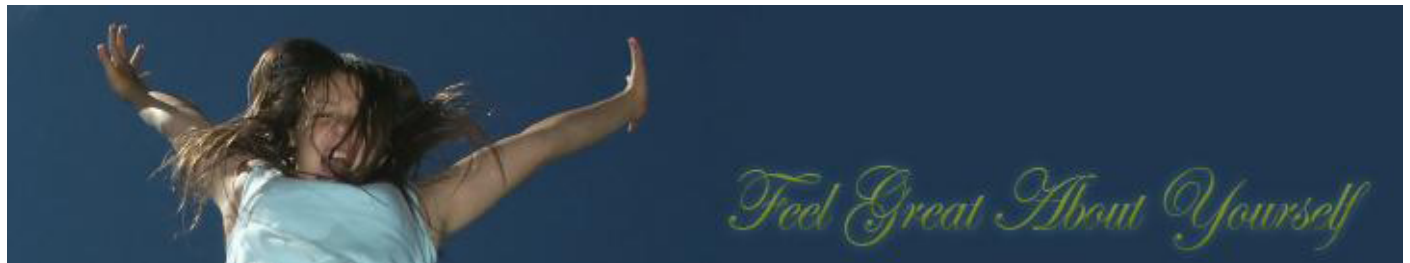
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Introduction

No matter how you came into possession of this e-book, you are ready to feel great about yourself. There is no such thing as a coincidence. Everything happens for a reason. So you reading this, for whatever reason, was meant to be.

Now having said that. Why do you feel the need to feel great about yourself? Speaking for myself I could name a few reasons. These used to be some of my main thoughts and beliefs.

- I am not good enough.
- I don't deserve....
- I hate my body.
- Nobody likes me.
- I am too naïve.

If you can relate in any way to these statements, than I have to agree with you, it's time for you to feel great about yourself. It is time!



Feel great about yourself? What does it mean?!

If your days are filled with worry and anxiety, you may wonder what feeling great about yourself actually looks or feels like. How in the world could you feel great when life sucks and you just don't have the energy, right? You'd rather stay in bed and do nothing, at least then, you can't do anything wrong.

Like I said. It is time!

To feel great about yourself basically means that you're proud of yourself. It means that you respect yourself and your wishes. Even when it looks like others don't or won't. At the moment this may seem impossible to you. You may think that being proud or having respect for yourself is out of your reach, because well [fill in your reasons].

I mean it, fill in your reasons!

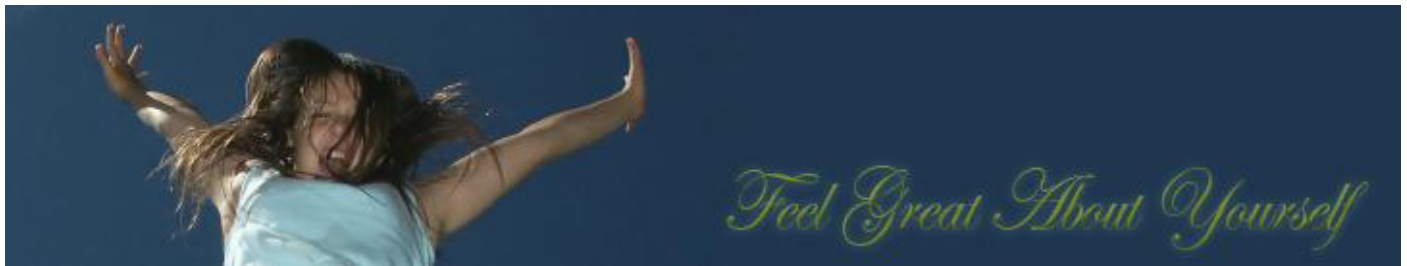
How many did you come up with? How does, thinking of what keeps you from feeling great about yourself, make you feel?

Take a moment and become aware of the thoughts in your mind. Why? You'll find out later.

Wouldn't it be great to get rid of all that negative self-talk? To have some peace and quiet? To feel great about yourself?

I think you're ready to find out what the easiest way to feeling great about yourself, is? Do you think so too? You do? Ok then!

Let's do it!



The easiest way to feeling great about yourself!

Now without anymore ado let me tell you the easiest way...

Just FEEL GREAT ABOUT YOURSELF!!!

Oh no, don't be disappointed, don't click on the x and close this e-book or think to yourself; "I'm glad this is free".

Give me a chance to explain!

This to me is really the easiest way, because at the end of the day that's what it's all about. If you want something, you just have to go and get it or just do it. As long as you're thinking about it, wanting it, desiring it, that's what you'll get, thought, want and desire! What you want is to feel great about yourself, so just do that.

You probably still think; "But how do I feel great about myself? How could this possibly be the easiest way?".

Think about this: Rome wasn't built in a day!

I didn't say I was going to tell you the fastest way, just the easiest, and this is something you can start doing right away.

If you're really serious about feeling better about yourself, you're probably still reading. So let me give you some pointers on how to actually do it.

Remember I said that feeling great about yourself basically means to be proud of yourself, to respect yourself and your wishes? Well that's the key. Anytime you do something, however minor it may seem to you, tell yourself "I'm proud of you! You did that so well!" Let the feeling of pride run through you. It feels great!

Whenever someone asks you to do something you really don't want to do, say no. Respect yourself and your wishes.

For example,

- You made your bed. Great, that looks great, well done!
- You made yourself some breakfast. Great job!
- You took a shower and refreshed your body. Excellent!
- You said "no, I made plans" when asked if you wanted to work overtime on the weekend with no extra pay. Good for you!



Now this may all sound silly to you, but believe me. Do this long enough and you'll notice that there is so much for you to feel great about. You don't have to wait until you land that big job, or meet the man or woman of your dreams, or have the big house and the nice car. It's the little things that matter!

Focus on the little things, be proud of yourself for achieving them and the big things will come. For sure! It can't be any other way. Whatever you put your attention on, whatever you put your energy in, you get more of. It is a law of the Universe. That famous law. The law of attraction.

If you haven't heard of this law before, just google it.

Now, remember I asked you to become aware of the thoughts that came into your mind, when you were thinking about all of the reasons why you couldn't possibly feel great about yourself? I don't want to scare you, but it's the same law fueled by those thoughts that is stopping you from feeling great. Luckily becoming aware of those thoughts is a big step towards changing them and finally getting rid of them.

It is you who can do that. Nobody but YOU!



In conclusion

I hope this little e-book has been of help to you. I hope it has shown you that feeling great about yourself is something you can achieve. That you just have to do it!

If you liked this message, please share it with your friends or whomever, it's up to you. It is my purpose to help as many people as I can to feel great about themselves and passing this information along to someone who might need a little pick me up, could be the first thing for you to feel great about.

I am writing another e-book at the moment called "**YOU, yes YOU, can feel great about yourself**". I am not to sure about the title yet, but what I am sure about is that I can come up with at least 10 more ways that could help you feel great about yourself and that all my newsletter subscribers will get an introductory discount, so if you haven't done so already, sign up for my monthly newsletter "*Let's feel great*", and grab that discount.

Coming soon:



Be on the look out for it. If you've signed up for my newsletter you'll be notified when it's ready. If you haven't signed up yet, now is your chance. Go to <http://www.feel-great-about-yourself.com/newsletter.html>.