

SUBJ: Love yourself despite

“Anyone can love a thing because. That's as easy as putting a penny in your pocket.

But to love something despite. To know the flaws and love them too. That is rare and pure and perfect.”

— Patrick Rothfuss, *The Wise Man's Fear*

The above quote is one of my daughter's favorites. And while we may apply the principle it encompasses to others, giving them forgiveness and second chances,

we tend not to allow ourselves the same room for error.

Do you love yourself despite? Or are you too busy focusing on your flaws and mistakes?

Because let's face it, those mistakes can be haunting.

You've tried to change and move past them.

Maybe it worked for a while.

But those pervasive thoughts keep coming back.

Or you find yourself compulsively engaging in that same behavior you promised yourself (again) you'd stop.

It's frustrating, demoralizing, embarrassing,

and most of all, defeating.

The thing is, when you go in with a sense of failure, you've already lost the battle.

The very first thing you should do is to conquer those self-defeating negative thoughts.

Be the princess who rescues herself and slay the dragon of self doubt.

That's why one of the very first things we do in the Healing Her Wounded Heart program is to train yourself to think differently about yourself, your actions, and your life.

Once you've trained yourself to think differently, you have a better foundation for healing, and you are equipped to deal with that nasty self doubt as it tries to creep back in to your mind.

But you can't do it alone. Women especially are designed for deep connection with others. When you isolate yourself with an “I'll do it on my own” mentality, you are setting yourself up to fail.

Isolation is an easy trap to fall into, because you don't want to admit the things you are struggling with. You may carry deep shame about things that you have done or that have been done to you in the past.

But you are not an island. You need a safe person or tight community which you can lean on for love and support. A place where you can be uplifted when you need encouragement and where you can hear difficult truths when you need to be held accountable.

The bonuses I'm offering with the Healing Her Wounded Heart program are designed specifically to help you build a strong, supportive community of women who can offer love and empathy, rather than judgment, criticism, or pity.

Don't miss this opportunity to show yourself some love by beginning your healing journey. You deserve it.

To loving ourselves (and each other) despite,

Nelda

P.S. I've heard from some women who aren't able to pay for the full course outright or even to manage the three payment system I have in place already.

In response, I've added an opportunity to pay for the program over 6 months.

If you've been on the fence about signing up for Healing Her Wounded Heart because of the up-front investment, I hope this offer makes the program more attainable for you.

Don't delay; registration is only open for a few more days.