

Episode-10

We appreciate others for their efforts and on their achievements. We shower others with compliments, gifts, advices and sheer love. But how often have we done the same for ourselves ? We shrink from the thought of loving ourselves and label it as big ego and narcissism. Shouldn't we accord ourselves the same respect, appreciation and love we expect from others ?

On this episode, we embark on the journey to learn to love ourselves.

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