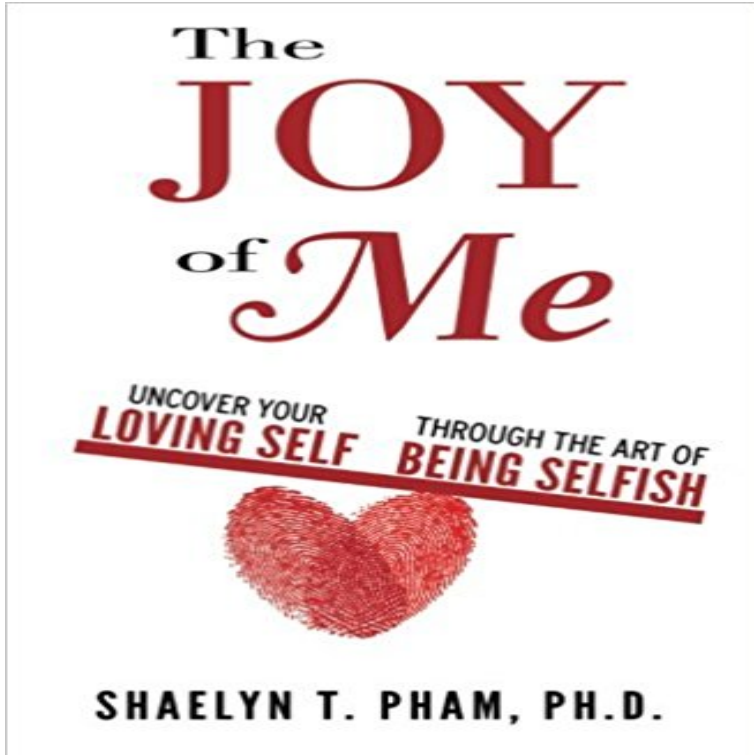


The Joy of Me: Uncover Your Loving Self through the Art of Being Selfish



Are you tired of constantly giving while everyone around you is constantly taking? You have been told all your life that you're supposed to be generous and that giving is better than receiving. You bought into that idea, so you're a giver. However, it doesn't make you feel any better... as a matter of fact, it makes you feel worse. Why is that? It's because you have been going about it all wrong. You have been taught to give but not how to give. In *The Joy of Me*, Dr. Shaelyn Pham sheds light on the false beliefs that lead to suffering within yourself, feelings of brokenness, and resentment in your relationships. Using psychology and spirituality, with insightful stories, this book will show you:

- * How to let go of guilt and shame
- * The expectations and obligations you have put on yourself
- * The false identity you have taken on
- * The true measure of your worth
- * The unconditional love you can give and receive
- * How to have a resentment-free life

This book will reveal how you can be happier with yourself and be more satisfied in your relationships. You can be more selfish and have people love you for it!

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