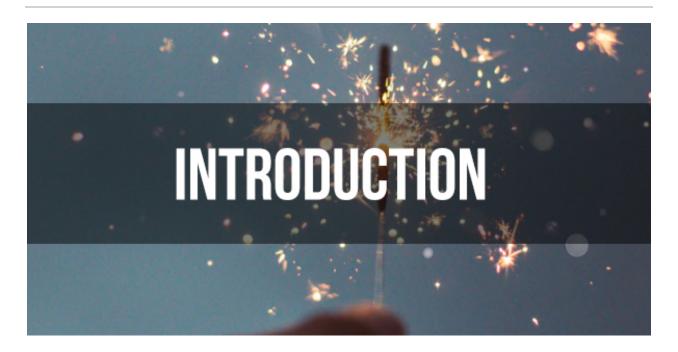# Introduction

Life would be that much easier if you loved yourself. Too many people live with low self-esteem. Too many other people are simply *indifferent* toward themselves.

When was the last time your Mum asked if you were 'looking after yourself'? Can you honestly say that you are?

Too often, we place too much pressure on ourselves, or we expect too much of ourselves. We are constantly working hard toward our goals, and we beat ourselves up if we are anything other than perfect in that pursuit.

Is it any surprise we are often over-tired, malnourished, and depressed?

What a difference it would make if you spent time *looking after* yourself. If you surrounded yourself with friends who loved you, if you gave yourself a break every now and then, and if you told yourself you were doing great.

What if you really loved who you were, and you were satisfied with what you had?

Simple: you'd be content. You'd be healthier, happier, and more fulfilled. And that feeling would emanate from you and affect everyone you interacted with.

How do you get from here to there?

In this book, we will see that this requires a two-pronged assault. We need to change our thinking and the way we consider ourselves, and we also need to change the way we look after ourselves. What we eat, how we spend our time, and how we control our environment.

I liken this to looking after yourself the way a mother might look after her children. That means not only taking care of yourself physically by grooming, feeding, and making sure that everything else is done right – but also taking care of yourself emotionally. When you're down, a good mother will tell you not to worry, and that you're great. If we treated ourselves like this and internalized that kind of affection, the world would be an easier, kinder place.

Each chapter in this book will tackle one of these aspects, and by the end we'll have a blueprint of self-care that will nourish our health, and our soul!