

SELF HELP

Cherish Yourself

and watch incredible things start to happen ...

Life becomes simpler. You stop trying so hard. You discover the drive and desire to do the things that *truly* delight your heart.

The key to this miraculous transformation is learning to *love* yourself—to give yourself permission to restore serenity and live a life you love.

The Cherished Self is a path of 15 simple principles and daily reminders to help you:

- Move from feeling trapped to feeling free
- Eliminate confusion over relationships, career, money and health
- Welcome true love into your life, maybe for the first time, maybe in a relationship you're already in
- Stop going to toxic people and situations for validation
- Re-ignite your *own* inner sparkle
- Experience an unshakable sense of self that's solid, strong and secure
- Have more but want less

For when you're feeling overwhelmed and disconnected from who you are and how you'd like to live.



MICHELLE MORRIS SPIEKER'S own journey of renewal led her to create *The Cherished Self*, an organization dedicated to personal enrichment, balance and joy—*every* day. Formerly the director of marketing for Dr. Deepak Chopra, today Michelle is a compelling and compassionate author, speaker and personal consultant. She helps others find their *own* answers and the courage to live the life they're longing for.

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The Cherished Self
MICHELLE MORRIS · SPIEKER

create a life

rich in love,

laughter and

simple pleasures

The Cherished Self

how to give back

to yourself

when you're living

a life that takes

all you've got

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