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Tiny Buddha's Guide to Loving Yourself is a collaborative effort, including 40 blog posts from tinybuddha.com, for that reason. So much of our resistance to loving ourselves has to do with shame—the thought that there's something wrong with us for what we're going through.

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## **Tiny Buddha's Guide to Loving Yourself**

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Deschene offers this "blook"  
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as a sort of guide for how  
to treat yourself with love  
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journey. As a sensitive soul  
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I have... 2. Have you ever  
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