



# I Heart Me: The Science of Self-Love

*David Hamilton*

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## How much love do you have for yourself?

Not the narcissistic 'Aren't I wonderful' kind of love, but the essential regard for self that empowers you and helps you navigate through life. The type of love that enables you to feel safe and secure in who you are and inspires you to make choices that are good for your authentic self.

When scientist David Hamilton realized that his own lack of self-love was sabotaging him in hundreds of subtle ways and more than a handful of major ways, he devised an experiment using himself as the guinea pig. For more than a year David studied the latest research into brain chemistry, neuroscience, and psychotherapeutic and personal development techniques. He realized that self-love was as much about biology as psychology - that self-worth is in our genes, but trained out of us. The biological drive to seek connection with others often leads us to try to be 'someone else' to win love and approval. But the brain can be reprogrammed, and David devised 27 powerful exercises that he tested on himself and presents in the book to help you:

- Increase your own level of self-worth
- Connect powerfully with your authentic self
- Attain a greater sense of happiness and general wellbeing
- Create stronger and more real connections with others

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