



The Diamond Self Secret: Say Goodbye to Your Inner Critic and Hello to Self-Acceptance, Serenity, and Lasting Love (The Love Mentor's Guide)

Diana Kirschner

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Imagine: Breaking free of self-doubt, of all that self-criticism about being fat, old, or not good enough. Liberating yourself from fears born out of wounding relationships, disappointment, betrayal, loss, and abandonment. Finally being able to:

- Feel more *confident* without years of therapy
- Feel irresistibly attractive without dieting, losing weight, or buying a whole new wardrobe
- Be happy and *spiritually alive* without going to endless workshops
- Enjoy real *intimacy* without losing yourself or being uncomfortable in a love relationship
- Be *fully present* without a steady stream of worries and troubling thoughts

What if you could do this using a simple mental exercise?

The strange truth is you can.

It's all in this concise, powerful book by renowned psychologist and Love Mentor® Dr. Diana Kirschner. Through a holistic plan that addresses body, mind, and soul, Dr. Diana shows you how to shed self-sabotage and become your Diamond Self, your best self—that person you were as a young child when you were connected to your joyful inner spirit.

The Diamond Self Secret is based on neuroscientific studies, which show that no matter how old you are your brain is always learning and changing. The book offers an easy-to-follow guide that anyone can practice at home to shape this core transformational process: You will be able to instruct your brain to change your identity and, in so doing, change *everything else*.

Join Dr. Diana on this journey to becoming the confident, joyful, attractive person you know you can be—your Diamond Self. Rely on her as your guide, cheerleader, and champion of possibility. Happiness, peace, and fulfillment are closer than you think.

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