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Do you find it hard to graciously accept a compliment? Do you do backward summersaults to earn other

If you're often annoyed with yourself and seldom feel satisfied with anything you've accomplished,

"You have to love yourself as if your life depends on it, because it does," writes Anita Moorjani in her book

"I can't say this strongly enough, but our feelings about ourselves are actually the most important barometer

In 2006, Anita fell into a coma as her four-year struggle with cancer was coming to an end. While

"As I looked at the great tapestry that was the accumulation of my life up to that point, I was able to identify

Anita says she realised that she betrayed herself every time she needed to seek external approval; even

"Why don't we realize this when we're in our physical bodies," Anita asked herself. "How come I never knew

To her doctors' surprise, Anita came out of the coma after 30 hours. Within two days the doctors told

Anita realized how harshly she'd treated herself and judged herself throughout her life. "I was the only

She was amazed to understand that her life could be dramatically different just by realizing that she

"I believed that I somehow had to be deserving and worthy of being cared for, so it was incredible to re

When Anita had her near-death experience, she learned that two primary forces, love and fear, ha

When you allow fear to rule the roost, you'll always be trying to fit in, denying who you really are s

"I learned that my only purpose in life is to be a full expression of myself," Anita says.

She believes that this is the most powerful idea for each of us: realizing that we're here to discover

If you cover up who you are; if you pretend to be something you're not, you'll have a dismally lonel

For starters, you won't even have any real friends because the people around you would have been at

Girlfriend, you owe it to yourself and to everyone you meet to express who you truly are. Fearlessl

Stop twisting yourself into knots to hide that which you're scared others won't approve of. Raise the cur