

# **Download How To Be You Stop Trying To Be Someone Else And Start Living Your Life**

I wouldn't normally write a reply to something like this but I thought you all should know how much this article is helping people like me who are basically "people-pleasers" to our detriment. Nothing takes a hit at your self-esteem like dating a person who doesn't accept and embrace you for who you are. I know this from personal experience. I've dated people who've told me my style is ... You are GOOD enough, SMART enough, FINE enough, and STRONG enough. You don't need other people to validate you; you are already VALUABLE. Sometimes we try to show the world we are flawless in hopes that we will be liked and accepted by everyone, but we can't please everyone and we shouldn't try. How to Stop Loving Someone Who Doesn't Love You. When you love someone and they don't love you back, it can feel like your world is ending. The pain you're experiencing is very real. Science has even shown that rejection activates the same...