

"Self Love: A Journey to Emotional Healing" Guides Readers Towards Self-Discovery and Empowerment



Aiken, South Carolina May 20, 2024 ([IssueWire.com](https://www.issuewire.com)) - Mrs Keshia Jackson, author of "Self Love: A Journey to Emotional Healing," invites readers on a transformative journey towards self-discovery and emotional well-being. This empowering guide, set to release May 18, 2024, encourages to illuminate the path to unconditional self-love and inner peace.

In a world filled with external pressures and expectations, "Self Love" serves as a hope, offering practical tools and heartfelt wisdom to navigate the difficulties of self-acceptance and healing. Drawing from her own personal experiences/qualifications], Keshia Jackson compassionately addresses the struggle for self-worth and offers insights to cultivate a deeper sense of love and compassion towards oneself.

With a blend of personal anecdotes, psychological principles, and actionable steps, "Self Love" empowers readers to:

- Embrace their true selves unapologetically
- Heal past wounds and release self-limiting beliefs
- Cultivate a nurturing relationship with their inner selves
- Practice self-care and prioritize emotional well-being
- Build resilience and navigate life's challenges with grace

"This book is a love letter to anyone who has ever felt unworthy or undeserving of love," says [Keshia Jackson]. "Her hope is that readers will embark on this journey with an open heart and discover the profound healing and transformation that comes from embracing oneself fully."

"Self Love: A Journey to Emotional Healing" is a must-read for anyone seeking to start on a profound journey of self-discovery and empowerment. Whether you're struggling with self-doubt, seeking to deepen your relationship with yourself, or simply yearning for greater inner peace, this book offers invaluable guidance and inspiration to lead a life filled with love, authenticity, and joy.

For media inquiries, interviews, or review copies, please contact AuthorKeshiaJackson@gmail.com

"Self Love: A Journey to Emotional Healing" is available on Amazon, and Barnes and Noble.

<https://www.barnesandnoble.com/w/self-love-keshia-jackson/1145091006?ean=9798881150341>

<https://a.co/d/dYk8rmg>

About Keshia Jackson:

She is the wife of eighteen years to her King, who has supported her along the way. A mother of three. Two biologically. She is a Certified Medical Assistant and Certified Phlebotomy Technician with six years of experience. Her foundation of her career started in Psychiatry. She is also a spiritual motivator. She loves to read and educate myself to share and edify others. Keshia is a small business owner alongside her husband. Up and coming author and future additions to career goals. She is an overcomer who has spent a great deal of her life experiencing traumatic events, but with the help of the Most High God, she is healing and being made whole throughout her journey. Keshia is Passionate about empowering women and focusing on healing. Some of her hobbies besides writing are traveling, drawing and spending time with family and friends.

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Self Love

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Source : Keshia Jackson

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