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# Love Yourself Like Your Life Depends On It

## LOVE YOURSELF

Like Your Life Depends On It



Kamal Ravikant



## Synopsis

In December of 2011, I gave a talk to an audience of scientists, Pentagon officials, politicians, and CEOs on the secret of life and how I'd figured it out the previous summer. Afterward, people came up individually and told me how much what I'd shared meant to them. This book is based on the truth I spoke about. It's something I learned from within myself, something I believed saved me. And more than that, the way I set about to do it. This is a collection of thoughts on what I learned, what worked, what didn't. Where I succeed and importantly, where I fail daily. The truth is to love yourself with the same intensity you would use to pull yourself up if you were hanging off a cliff with your fingers. As if your life depended upon it. Once you get going, it's not hard to do. Just takes commitment and I'll share how I did it. It's been transformative for me. I know it will be transformative for you as well.

## Book Information

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## Customer Reviews

This is an excerpt from a review I wrote on my blog about Kamal's book, which truly has changed the direction of my life -What would you be doing with your life right now if you were madly, truly, deeply in love with yourself? Just sit quietly for a moment with the question. Close your eyes and really think about it. What would a person in your shoes do if they really loved themselves? I'm talking the kind of love a parent has for their child, the kind of fierce intensity that will drive them to do anything to ensure their child's wellness and happiness. Even if it means giving up everything they have. I didn't know that happiness began with getting the inside stuff right. With facing the truth

about what I wanted from my life, no matter how crazy it might have sounded. So I ate. And in between eating, and working, and going out and showing how cool and happy I was by having massive drinking nights with my buddies, I started searching. I read all the self-help books from my Dad's shelves, all the Tony Robbins and Brian Tracy and Zig Ziglar, and I loved it. I bought my own books, 'Change Your Thinking', 'Authentic Happiness', 'How To Change Your Life in 30 Days'. I'd sit and have coffee and read and journal and dream, but I just couldn't figure out how to get from where I was to 'there'. And so I'd close my book and go home and I'd eat, and my deep down worries that maybe I wasn't so special after all would drift away. When my (first) marriage ended, my husband wondered how he hadn't seen it coming just by looking properly at my bookshelf. I wondered too. In the end I did give up everything I had and start afresh. Everything, even my toaster.

I reviewed this also on my blog. Here is the review: Kamal went missing. We had been corresponding for over a year, ever since I started this blog. I'm very grateful for the great friends I have met through this blog. It has been a totally unexpected but much appreciated benefit of doing this. Finally I was visiting San Francisco and after 100s of emails back and forth during the prior year, I was getting all set to meet Kamal Ravikant. But he didn't show up for our planned breakfast. His brother, Naval, called him a few times. "He's at home," Naval said, "but he's not picking up. His illness must be overwhelming him today." Naval had a GPS specifically attached to where Kamal was. Kamal was very sick. This had been going on for months. He had gotten more and more sick. Some days he couldn't move or wake up. Other days he had enough energy to go outside but only for minutes and then he had to go back inside. Kamal's sickness was chronic. The doctors couldn't help him, he was infinitely tired, feverish, in pain, and it was getting worse. I knew from our correspondences that Kamal had been going through a hard time before he got sick. His company, which had once been well enough to raise a significant amount of money, was faltering, perhaps failing. He had recently broken off a relationship. A close friend had died. Often when we attach our happiness to external goals: financial success, relationship success, etc, we get disappointed. Even when things work out, everything cycles, the happiness is often fleeting. When those goals break, the external pain immediately gets reflected into our internal bodies. Our emotions break. We feel sad, disappointed, in pain.

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