

IMAGINE SELF-LOVE: A JOURNAL BY REBA LINKER



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About the Author

Reba Linker is a bestselling author and a transformational life coach. She is passionate about sharing her message through her writing, coaching and courses. Linker's philosophy is that life is what we make of the materials we are given. We have the answers we need within us. Our spiritual growth is a process of uncovering and trusting the wisdom that exists within. Her books, *Follow the Yarn*, and *Imagine self-Love*, have both become Kindle bestsellers, and *Imagine Self-Love* was chosen to be included in *Aspire Magazine's Summer Reading Top Ten List of 2015* - <http://www.aspiremag.net/top-10-inspirational-books-july-2015/>. You can read more about *Imagine Self-Love* in this in-depth interview in *Transformation Goddess*: <http://transformationgoddess.com/imagine-self-love/> Prior to coaching and writing, Reba's career was in dance and arts management, culminating in founding, owning and running a large NYC dance studio. Linker is a long-time student of spirituality, having studied with a spiritual master for over 30 years. She shares her message of healing with children in her books, *The Compost Heroes* and the *Compost Heroes Coloring Book*, about which folksinger/environmental leader Pete Seeger wrote: "If there is still a world in 2011 it will be billions of little things that will save us. Thanks, Ms. Linker!" THANK YOU, Pete Seeger! Reba Linker lives with her family in New York City. Visit www.RebaLinker.com to learn more

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This self-paced journal works its magic gently, but oh so powerfully to help you bust through blocks, and open to greater self-love and happiness. Our relationship with ourselves is THE most important relationship we have! It 'sets the dial' for our relationships with everything in our lives: * How much love is the 'right amount'? * How much success do we 'permit'? * How much vitality is 'enough'? * How much happiness IS 'OK'? This little book gently strengthens your self-love practice, and that is what makes all other dreams possible. Using inspiring quotes, journal prompts, and action steps, this journal will help you establish self-love as the most important habit in your life. Imagine Self-Love was chosen for Aspire Magazine's Top Ten List of Summer Reading 2015: <http://www.aspiremag.net/top-10-inspirational-books-july-2015/>. You can read more about Imagine Self-Love in this in-depth interview in Transformation Goddess Magazine: <http://transformationgoddess.com/imagine-self-love/> People are talking about Imagine Self-Love: "Commit to the work in this journal and you're committing to going full-steam ahead on the powerful train to self-compassion. Deep and meaningful changes ahead!" Keyra Conlinn, author. "Imagine Self-Love Journal allowed me to reconnect with myself and my strengths. Reba's gentle encouragement helped me see that I am my own boss and creator of my own life. If you are looking for a journal to help you make your own self-care and self-love a priority I would highly recommend it. Make yourself a priority today." Tanya Levy, MSW, RSW, CCC "I feel so grateful that this journal came across my desk. Wow!!! As I read through the pages, I feel as if this is a wake up call...To find ourselves and see our lives with more clarity and focus about where we are headed. And change our course, if we must. Bravo, Reba!!!" Rani Totman, Designer & President, St. Pucchi Happiness is not 'over there,' at the completion of some goal, happiness is here, now. Connect with happiness on every page of this journal. Happiness is available all the time, no matter what is happening in your life, and no matter what happened in the past. Choose happiness! Use this journal and open the door to greater happiness and satisfaction. Consider the Imagine Self-Love journal as a wise and loving guide to the beauty and wonder of YOU. Do not hesitate, embark on the journey to greater self-love today!

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About the Author

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2 of 2 people found the following review helpful.

Self-Love is not for Sissies -- this is tough and real!

By Diva Carla Sanders

Alright, I am half-way through the exercises in the first chapter of *Imagine Self-Love*, and I am having a reaction. Reba Linker's book so far is taking me through simple journaling exercises that must be designed to break down my resistance to genuine, heart-centered self-love, because my resistance is coming up! I've been on the personal growth path for a while, and I am a teacher of love as well, so I recognize the symptoms. This disarmingly simple book is powerfully churning the places I default to self-deprecation or self-ignoring, because in order to love myself, I have to get real about where I am NOT letting myself be loved. I am impressed. Reba has written a powerful and useful book that demonstrates we all need to stay vigilant about self-love, especially if we are about making a big loving contribution to the world, like Reba is. I'll be back with more after I've practiced more.

2 of 2 people found the following review helpful.

Simple to do and powerful!

By Reba Vanderpool

This journal of exercises has the amazing power to open you to loving you! What a gift! The truth is no one is ever going to know you better than you do. If you can move out of self criticism to identify all the different ways in which you appreciate and love yourself, not only will you be more empowered and joyful, you will be more impactful in your work, more loved and appreciated by others, but you will be more compassionate and patient in all aspects of your life. The exercises in Reba's journal are powerful tools for self appreciation, self love and learning to enjoy the journey of life. It is my wish that everyone has the opportunity to do this work. Reba's journal makes this work simple to do and creates powerful results.

1 of 1 people found the following review helpful.

Prepare for the emotions that this book will bring up.

By sherwilson @ Simply Sheryl

Prepare for the emotions that this book will bring up. I saw myself and my self defeating habits in the first exercise. This is a book that you will want to put down and walk away from....and then come back. I needed time to process the emotions before being able to work through the bad habits replacing them with what I hope will be life improving habits.

I would recommend this book to every teenage and older female.

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