

## Editor's Desk



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Chief Editor

### **LOVE THYSELF**

You glow from the inside when you love yourself. You start feeling better you start looking better and even start to attract better when you love yourself and start taking care of yourself. You must understand everything starts with you.

If you want to create an environment in your life that is conducive to the nourishment of your personal growth you have to love yourself.

Self-love and self-service are not selfish. Until you know how to love yourself you cannot truly love another.

You must also practice and learn to speak to your organs. Give comfort to your organs heart, liver, kidney, stomach by avoiding injury and insult to them which are working for you tirelessly

Eat like you love yourself Move like you love yourself

Speak like you love yourself

Act like you love yourself..... Love yourself

To fall in love with yourself is the first secret to happiness to love oneself is beginning of life, - long romance you help yourself before you help others. So many syndrome we diagnose in other people but we also have to think about diagnosing yourself. That's where self-care and self-love starts

"You yourself as much as anybody in the entire universe, deserve your love and affection ..."

Buddha Self-love reduces burnout to love oneself is a beginning of a life - long romance

Everything starts with and how you feel about yourself. Start feeling worthy, valuable and deserving of receiving the best life has to offer be magnetic you must know your smile is you best asset Love yourself when you are tired Love yourself when you are weak Love yourself when you are confused Love yourself when you are broken Love yourself when you are restored. You understand burn out issues better when you love yourself

***Work - home balance will be effective when you love yourself***

***Best wishes***

**DR. A. MURUGANATHAN**  
**CHIEF EDITOR**