

INTIMACY FOR COUPLES

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SEED THE CHANGE

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Seed of Acceptance

You are perfect the way you are. Don't hide behind sheets and dim lighting. Turn up the lights and celebrate every part of yourself. Have a good look at who you are — physically, emotionally and spiritually. Stare at your reflection and fall in love with what you see.



*Say to yourself: I see all of me
and I love who I am.*