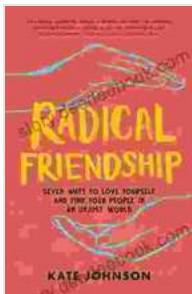


Seven Ways To Love Yourself And Find Your People In An Unjust World

In an unjust world, it can be difficult to love yourself and find your people. But it is possible.



Radical Friendship: Seven Ways to Love Yourself and Find Your People in an Unjust World by Kate Johnson

★★★★☆ 4.6 out of 5

Language : English
File size : 2450 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 230 pages



Here are seven ways to do it:

1. Get to know yourself.

The first step to loving yourself is to get to know yourself. This means spending time alone, reflecting on your thoughts and feelings, and learning what makes you happy.

It can be helpful to journal, meditate, or talk to a therapist. The more you know about yourself, the better you will be able to love and accept yourself.

2. Be kind to yourself.

Once you know yourself, you can start to be kind to yourself. This means talking to yourself with compassion and understanding, and forgiving yourself for your mistakes.

It can also mean setting boundaries and taking care of your physical and mental health. When you are kind to yourself, you are showing yourself that you are worthy of love.

3. Surround yourself with positive people.

The people you spend time with have a big impact on your life. If you want to love yourself, it is important to surround yourself with positive people who support and encourage you.

These people can be friends, family, colleagues, or even acquaintances. The important thing is that they make you feel good about yourself.

4. Get involved in your community.

One of the best ways to find your people is to get involved in your community. This could involve volunteering, joining a club or group, or attending local events.

When you get involved in your community, you will meet people who share your interests and values. These people can become your friends and support network.

5. Be an ally to others.

One of the most important things you can do to find your people is to be an ally to others. This means standing up for what is right, even when it is difficult.

You can be an ally to people of different races, religions, sexual orientations, gender identities, and abilities. When you are an ally, you are showing people that you care about them and that you are there for them.

6. Be patient.

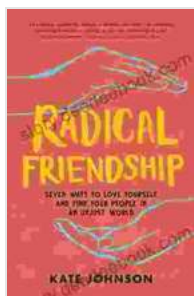
It takes time to love yourself and find your people. Do not get discouraged if you do not see results immediately.

Just keep working at it, and eventually you will find the love and community that you are looking for.

7. Never give up.

No matter what, never give up on yourself or your search for your people. You are worthy of love and belonging.

Keep fighting for what you believe in, and eventually you will find the people who will support you and help you to thrive.

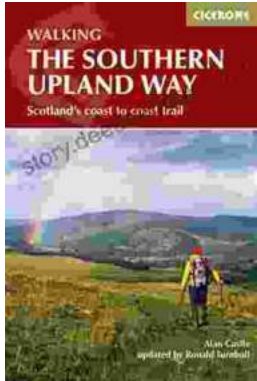


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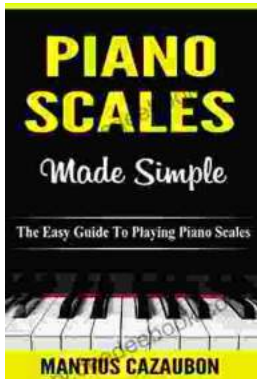




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