

# 《三维英语阅读》

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## 书籍目录

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## 章节摘录

Sometimes you'll hear people say that you can't love others until you love yourself. Sometimes you'll hear people say that you can't expect someone else to love you until you love yourself. Either way, you've got to love yourself first and this can be tricky. Sure we all know that we're the apple of our parents' eyes, and that our Grandmas think we're great talents and our Uncle Roberts think that we will go to the Olympics, but sometimes it's a lot harder to think such nice thoughts about ourselves. If you find that believing in yourself is a challenge, it is time you build a positive self-image and learn to love yourself. Self-image is your own mind's picture of yourself. This image includes the way you look, the way you act, the way you talk and the way you think. Interestingly, our self-images are of ten quite different from the images others hold about us. Unfortunately, most of these images are more negative than they should be. Thus changing the way you think about yourself is the key to changing your self-image and your whole world. &hellip;&hellip;

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