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Crazy Sexy Love Notes: A 52-Card Deck

Kris Carr

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It’s high time you gave yourself a healthy dose of self-love. The fact is, you deserve it. You are a magnificent, radiant being. You are divine. And you are awesome. The sooner you start embracing that and treating yourself accordingly, the sooner your life will begin to unfold with compassion, purpose, ease, health, and vitality.

In this card deck from *New York Times* best-selling author Kris Carr, featuring gorgeous illustrations by artist Lori Portka, you’ll find gentle, yet powerful reminders to help you care for and appreciate yourself at the deepest level. Let these love notes guide you back home when you lose your way, and remind you to:

Choose love—extend your love to all beings, most importantly yourself.

Nourish yourself—choose healthy, wholesome foods prepared with love.

Notice the blessings—when we take stock of our blessings, we receive more of them.

Be gentle with yourself—you are precious.

Accept yourself unconditionally—let go of who you think you should be and fall madly in love with who you are in this moment.

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