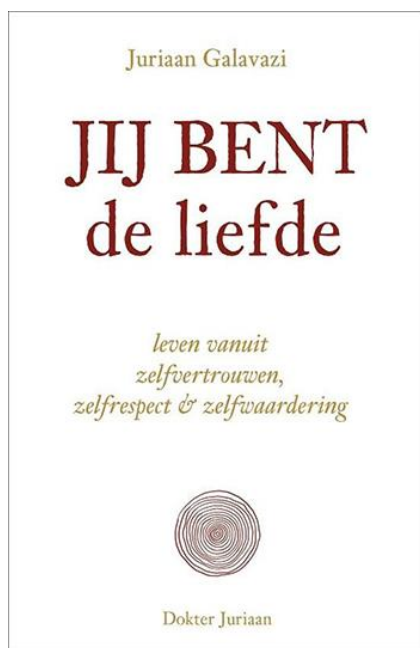


SANTASADŌ

Juriaan Galavazi - You Are The Love

Living With Self-Confidence, Self-Respect, and Self-Esteem

HEALTH | PERSONAL DEVELOPMENT



A new ground-breaking book from Dr. Juriaan, author from the bestseller *From Wound to Wisdom*. In his new book, *You Are The Love*, he invites you to live with self-confidence, self-respect, and self-esteem.

You adapt. To your environment, to your parents, to your partner, to your children, friends and colleagues. You fulfill your responsibilities and obligations as best as possible, hoping you will be a good person and perhaps even happy in the future. Your desire to align with the other to be seen and appreciated is so big, that you live for the approval of others and become invisible yourself. Before you know it, you are embarking on someone else's journey and at the same time you're taking a seat in the waiting room of your own life.

Even with the best intentions, the end result is that you often hold on to the wrong job for you, a suffocating relationship, a harmful diet and destructive beliefs and choices. And you become unaware that you are paying a very high price for this, in the form of stress, tension and mental and physical complaints.

In this situation, eating healthy food and doing more exercise are valuable steps, but difficult to maintain in practice if the underlying program doesn't change.

The book teaches you:

- How insecurity can help you experience more trust
- How you can take good care of yourself, even when others find this difficult
- How you find out what is really important to you and how you can really realize this in your life
- How you can use the opinions of others in a way that they start working for you, instead of impeding your path
- With free online workbook with further assignments and practical tools
- With accompanying video's

You Are The Love guides you towards a life with self-confidence, self-respect and self-esteem. It shows that we ignore and overrule all kinds of reflexes, out of the fear for losing something and the need to avoid uncomfortable situations. You will be able to look life straight in the eye and take the necessary steps to learn, grow and develop with curiosity.

Published in May 2022 | Paperback | 352 pages | ca. 80,000 words

- Over 15,000 copies sold
- Dutch edition published by S2 Publishers



ABOUT THE AUTHOR

Juriaan Galavazi is doctor and coach. Body and mind are inextricably linked and he helps people to enjoy fitness in both fields with the coaching programs. The goal is to let people experience that they have a large influence on their own well-being. In his work as a general practitioner, he has experienced that stress and a head full of thoughts can be the source of illness, and physical complaints like chronic fatigue, depression, sleeping disorders, (sports) injuries, palpitations or abdominal pains. Where the mind is not able to say No, the body will eventually show the boundaries of our choices. It is Juriaan Galavazi's mission to guide people towards physical and mental fitness. With care and attention.

TABLE OF CONTENTS

Foreword – Free falling
Introduction

PART 1: Stop searching and start looking

1. We suffer the most by trying to be a good person
2. Walking through life on thin ice
3. Toxic loyalty
4. The gift doesn't always come in the desires wrapping paper
5. The debt of the promise
6. You always pay a price
7. It is worth to take a 180-degree turn

PART 2: Self-confidence

8. Allow yourself to be uncertain
 - 8.1 Can it be exciting?
 - 8.2 Confidence by feeling the fear
 - 8.3 Acceptance is not the same as approval
9. Look in the mirror before you start each day
 - 9.1 Look at the perspective of your judgment
 - 9.2 Green hairs
 - 9.3 Perspective flexibility

10. What you focus on, determines what you see

10.1 Focus makes blind (and offers opportunities)

10.2 Rather than control than accept emptiness

10.3 You are allowed to receive too

11. Play and stop fighting

11.1 Healthy confidence

PART 3: Self-respect

12. Are you allowed to be who you are?

12.1 Can I be, even if you find that difficult?

12.2 Liberating yourself by acceptance

13. The other is too much to outdo for you

13.1 Whose approval do you need?

13.2 Dismissal of the duty

13.3 Blood relatives: you don't need to be in the same team

13.4 More connecting by saying No

14. Expel toxic people from your environment

14.1 Surround yourself with the people who want the best for you

15. Chose humility

15.1 Life is giving – and daring to receive

PART 4: Self-esteem

16. Go for growth

16.1 Growth might be more important than winning (or happiness)

16.2 Your profit first

17. First clear up your own garden

17.1 What percentage is the relation?

17.2 I want to accept your love in freedom

18. Do something exciting every day

18.1 The magic is right on the edge

18.2 My desire is also my greatest fear

18.3 Doubt is the calling for change

19. Be loving and ruthless

19.1 Values and symbols

19.2 Be clear and specific

19.3 Integrity and sincerity

19.4 Loving and ruthless

PART 5: How to go further in your life?

20. Rules for feedback: a question is more powerful than an exclamation mark (!)

21. Injustice and what happens when the relationship gets clouded

22. You don't win the race at the finish line

23. If impatience is the illness, taking the time is your remedy

24. Summary: the twelve pillars for living with self-confidence, self-respect and self-esteem

In closing: Truly living

Literature

Acknowledgements

You Are The Love workbook

Notes

