



You Are Enough: How To Elevate Your Thoughts, Align Your Energy & Get Out of the Comparison Trap

Cassie Mendoza-Jones

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You are Enough explores why we have become so worried about what other people think of us, and what our infatuation with comparison can cause on physical, mental, emotional and spiritual levels.

If you are sick of striving, or feeling like a perfectionist comparer, here are the practical tools for getting out of the comparison trap, so that you can learn to accept yourself as you are, and revel in the sense of peace and ease that this brings.

Are you sick of giving yourself a hard time?

Have you had enough of comparing yourself to others?

Do you feel that nothing you do is good enough?

It doesn't have to be this way. Because guess what? Your worth is innate—you can't earn it with accomplishments or by hitting your goals ... which means you can't lose it when you think you haven't done enough.

It's time to let go of the negative thoughts that keep telling you that you'll only be more when you work harder ... that keep you stuck, constantly comparing yourself to those around you.

It's time to understand what your body is trying to tell you when you're burning out, pushing yourself to your limits, and chasing self-worth, achievements and perfectionism.

You are enough.

Knowing this starts with accepting yourself. And the shift to true self-acceptance is realising you're already enough.

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