



# **The 31 Day Self-Love Challenge with Dr. Rosche: Rethink and Discover Reminders To Loving Yourself**

*Dr. Rosche Brown*

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## **The 31 Day Self-Love Challenge with Dr. Rosche: Rethink and Discover Reminders To Loving Yourself** Dr. Rosche Brown

Have you ever-lived on autopilot and have gotten caught up so much in your day to day routine that you loose time for yourself? Have you given all of you at work and family that you no longer have "me" time? If you said yes then this self love challenge is for you to begin to rethink and discover reminders to loving yourself. It is time to commit to loving yourself which means doing what's best for yourself. Please join me Dr. Rosché on this exciting journey!!

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