

- Oscar Wilde

to love
oneself
is the
beginning
of a lifelong
romance

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in
everything

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book
along...
#the little book -
#pass it along
#spread joy

Happiness
comes
from
within

there is
only one
happiness
in life,
to love and
to be loved.

- George
Sand

Love is a living, breathing
thing. There is no need to
force it to grow in a
particular direction. If we
start by being easy and
gentle with ourselves,
we will find it is just
there inside of us, solid
and healing - Thich Nhat
Hanh