

# Discover The Authentic Va Within

## A Journey to Self-Love and Acceptance

Are you tired of feeling like you're not good enough? Do you constantly compare yourself to others and come up short? If so, then this book is for you.



### Discover the Authentic VA Within: A Journey from EA to

**VA** by Ingrid Bayer

★★★★★ 5 out of 5

Language	: English
File size	: 4515 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 192 pages
Lending	: Enabled



Discover The Authentic Va Within is a groundbreaking guide to self-love and acceptance. This book will help you to let go of the expectations of others and society and learn to love and accept yourself for who you truly are.

When you discover your authentic self, you will finally be able to live a life that is true to you. You will no longer be held back by fear, doubt, or shame. You will be free to be the person you were meant to be.

This book is a journey of self-discovery and self-acceptance. It is a journey that will change your life forever.

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## **About the Author**

Dr. Va is a clinical psychologist and author who has been helping people to discover their authentic selves for over 20 years. She is the founder of The Authentic Va Institute, a non-profit organization dedicated to promoting self-love and acceptance.

Dr. Va has written numerous articles and books on the topic of self-love and acceptance. Her work has been featured in The New York Times, The Washington Post, and The Oprah Winfrey Show.

Dr. Va is a passionate advocate for self-love and acceptance. She believes that everyone has the potential to live a life that is true to them. Her mission is to help people to discover their authentic selves and to live their lives to the fullest.

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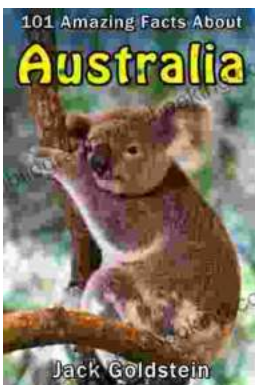
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