



# LOVE YOURSELF MADLY

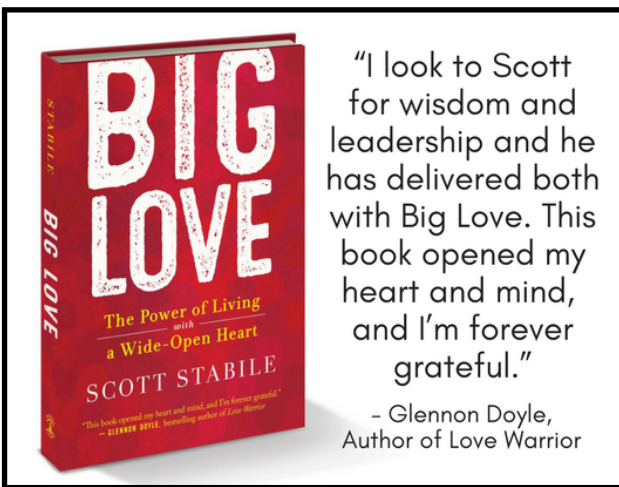
at First Unitarian Church of St. Louis  
with **BIG LOVE** author **Scott Stabile**  
Saturday, Nov. 16th, 2019 11am-3pm

There is no relationship more important than the one we have with ourselves. Still, most of us don't give enough energy to our self-care and our self-love. We don't treat ourselves like our own best friends. We don't recognize how vital it is to fill our own cups first, so that we have more to offer others, and to offer our world. Let's change that.

In this workshop, we are going to look at ourselves honestly and love ourselves madly. We'll learn how to shift our self-abusive thoughts into self-loving ones, and how to empower ourselves with our thoughts and actions. We'll shift the focus of our inner critics and turn them into our inner cheerleaders. Really, we are going to celebrate the hell out of ourselves, so that we can experience how possible it is to do.

Along with the targeted writing exercises, Scott will lead class discussion and share the unfiltered, compassionate insights to which his many readers and listeners have become accustomed. Scott's workshops are always intimate, with direct access to Scott. You'll have ample opportunity to ask questions, share your experiences, and connect with other open-hearted, courageous souls.

Please bring a journal or notebook, and a willingness to be honest with yourself.



"I look to Scott for wisdom and leadership and he has delivered both with Big Love. This book opened my heart and mind, and I'm forever grateful."

- Glennon Doyle,  
Author of Love Warrior

*"I had no idea of the level of connection, insight and action that would be inspired by one afternoon workshop with Scott. Through love, candid conversation and creative exercises, I emerged ready to take on my fears and excited to make progress toward my dreams while gaining a new-found support network in the wonderful people I met during the workshop."*

*"I can't say enough good things about Scott's workshop. He is such a warm and loving presence and it is felt the moment you enter the room. I felt safe and supported by not only Scott but the participants. I learned such valuable tools and techniques and have already put into practice what I learned and will continue to for many years to come. Highly recommended."*

Visit [www.scottstabile.com](http://www.scottstabile.com) for registration details.