



# **The Art & Science of Loving Yourself First: 'cause your business should complete you, not deplete you!**

*Margo DeGange M.Ed.*

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# The Art & Science of Loving Yourself First: 'cause your business should complete you, not deplete you!

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## **The Art & Science of Loving Yourself First: 'cause your business should complete you, not deplete you!** Margo DeGange M.Ed.

Many heart-felt entrepreneurs struggle to make a living, a profit, and a difference, without pulverizing themselves to powder in the process! We often make business harder than it has to be, leaving ourselves frustrated and depleted. To offer clients authentic and effective solutions for better lives, we first must live it! We cannot ignore self and expect to be happy, productive, and influential. We must recover from self-sabotage and lay the foundations to springboard into success. The Art & Science of Loving Yourself First shows you how! In this book, Business and Lifestyle Designer Margo DeGange gathers the wisdom of 14 inspiring and motivating Success Mentors from many industries, to help you love yourself as you grow your business or ministry, and develop your life-work. It's full of truths, tips, and action-steps to purposefully design a life rich in gratitude, peace, and abundance. It is possible to reach high levels of success without giving away more of yourself than is fitting or appropriate. You can brilliantly run your business or ministry without sacrificing your essence or well-being, and attract the people, clients, sales, and money you desire. Go beyond self-help, the Law of Attraction, or work-life balance. You've thought about marketing your business, but have you considered branding your home interior and office environments, so they become supportive spaces that empower your mission, goals and lifestyle? Have you laid hold of a healthy self-leadership and self-care plan for peak-performance that's full of hope and easy to do? Did you know that you can build solid connections and meaningful relationships online through social media simplicity? It's all in the book! Learn to reflect, restore, and find clarity; simplify your life; set important boundaries; navigate change and transition; gain visibility; build a team; create powerful systems; deal with setbacks; and turn your fear into victory! Then live with passion and manifest your vision! The Art & Science of Loving Yourself First will help you contribute to the world from a rewarding and energizing position of strength, self-worth, and value, as you lovingly bring value to others.

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