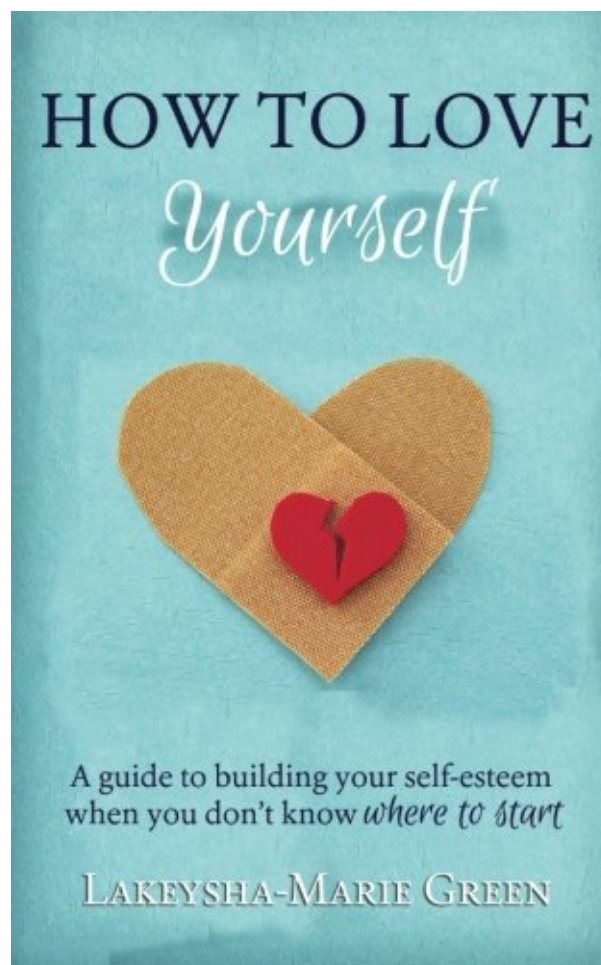


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Author Lakeysha-Marie Green is no stranger to tackling style dilemmas. A fashion stylist and former women's fit technologist, her extensive experience in the fashion industry taught her the importance of fit, fashion, and effortless style. Her penchant for creativity led to her work in editorial magazines, international film premieres, and advertising. Inspired by her own roller coaster ride to self-discovery, Lakeysha-Marie began writing to illustrate the beautiful potential for transformation that lies within us all. Her first book, *The Seeds of Beauty*, tells an inspiring story of restoring unconditional self-love and genuinely radiating your beauty from within. Lakeysha-Marie holds a degree in Fashion Design & Merchandising, with continued coursework in Styling & Photography from the London College of Fashion.

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By D B Carlyle

I found this book surprisingly in depth and insightful. Not that I thought I had purchased a mediocre book but I did find myself thinking "this is good" as I read it. I especially liked the chapter on learning how to listen, not just to others but to yourself as well. Very insightful. Would definitely recommend this to someone looking for a good read on self esteem.8 of 8 people found the following review helpful.

Honest and Down-to-Earth

By Rob W.

It's rare that you find an author in the self help genre that can so passionately and freely express themselves. Lakeysha-Marie Green's tell-it-how-it-is approach to writing is so refreshing. I felt like I could easily relate to the ideas and scenarios she put forth.

I would definitely recommend this book to anyone who has lower than desired self-esteem. It seems like in our modern age of selfies and cosmetic surgery, we forget just how important it is to love yourself. No one is perfect, and to be honest, it's the imperfections that make you beautiful.5 of 5 people found the following review helpful.

A helpful book to finding love for oneself and appreciate self worth!

By Brad Wolgast

A book filled with life advices that surely made me appreciate my self worth and improve my self esteem. How to love yourself book is the perfect read to help me successfully overcome the challenging situations that are slowly destroying my self confidence. I love how this book gives me enlightenment and guides me to understand myself better in a positive way. This book surely gave a great impact in helping me find my way back to loving and respecting myself!See all 29 customer reviews...

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