

## **I Am the Answer**

You do not need to be loved, not at the cost of yourself. The single relationship that is truly central in a life is the relationship with your self. It is rewarding to find someone you like, but essential to like yourself. It is quickening to recognize that someone is a good and decent human being, but it is indispensable to view your own self that way. It is a delight to discover people who are worthy of respect, admiration and love, but it is vital to believe yourself deserving of respect, admiration and love. For you cannot live in someone else. Of all the people that you will even know in a lifetime, you are the only one that you will never lose or leave. **To the question of your life, you are the answer. To the problems of your life, you are the solution.**

**Author Unknown**