



As Within, So Without: Love Yourself, Love the World

Karen Neverland

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Our external world is a reflection of our internal world. We interpret and project a world on the outside that we believe on the inside. For many of us, this means a world of suffering and hardship. **As Within, So Without: Love Yourself, Love the World** is a philosophy that explains how loving ourselves transforms the world. This book draws from spirituality, science, religion, and psychology to form a simple theory on how we can delve in and heal ourselves. When we experience Unconditional Love within, we experience it without. When we truly love ourselves, we truly love the world.

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