



# The Way of Self-Love

Make friends with yourself through learning heart-centred meditation.

[www.gettingnaked.com.au](http://www.gettingnaked.com.au)

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*The Way of Self-Love*, while a beautiful tool to help people heal from a severe mental health issue, is not a replacement for one-on-one therapy, and should not be treated as such. If you want help moving through those kind of issues – such as overcoming severe and suicidal depression – it is recommended you work with Tamra Mercieca as part of her [One-on-One Intensive](#), which is designed specifically for that purpose, or find another therapist who can guide you in your recovery.

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Tamra looks forward to guiding you into meditation so you can make friends with your most wonderful self!