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**Sex Out Loud with Tristan Taormino**  
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**December 8th 2017: Kelsey Grant on Radical Self-Love**

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The root or origin of all human love, expansion and connection resides within the cultivation of Self Love. If we are unable to love ourselves, how can we possibly love anyone or anything else to the fullest potential of the human experience? Radical Self Love is the journey of discovering and understanding the root and true essence of love. It is the process of learning to love yourself in the most on purpose way. Radical Self Love coach, writer, facilitator and musician Kelsey Grant joins the show to talk about her work.

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#### Featured Guest



#### Kelsey Grant

Kelsey Grant is the founder of The Legendary Love Academy, a primarily online educational platform providing relationship education for men and women designed to expand emotional intelligence and relationship success.

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