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BetterWorldians RADIO



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September 18th 2014: Special Encore Presentation: Loving Yourself First

To help make the world a better place, you must first love yourself. This week on BetterWorldians Radio we'll talk about the importance of self-compassion and how to achieve it.

Our guest this week is Lori Deschene, author and founder of Tiny Buddha, which is one of the most popular wisdom destinations on the web. Deschene will discuss how she pulled herself out of self-doubt into a life of self-love and how listeners can do the same.

Tune in every week to hear new guests share how they are making the world a better place and to learn how you can become a Bet

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Featured Guest



Lori Deschene

Lori Deschene is the founder of Tiny Buddha, a community blog that features stories and insights from readers from all over the globe. She runs the site as a group effort because she believes we all have something to teach and something to learn. Since it launched in 2009, Tiny Buddha has grown into one of the most popular inspirational sites on the web, with more than 2 million monthly readers. Lori is the author of Tiny Buddha: Simple Wisdom for Life's Hard Questions, Tiny Buddha's Guide to Loving Yourself and the Tiny Wisdom eBooks series. She's also co-founder of the online course Recreate Your Life Story: Change the Script and Be the Hero.

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