

# Liked: Whose Approval Are You Living For?

In a world where social media reigns supreme, it's easy to get caught up in the quest for likes and followers. We post photos and updates that we think will get the most attention, and we carefully curate our online personas to project an image of perfection. But what happens when we start to live our lives for the approval of others? When we constantly seek validation from the outside world, we lose touch with our own inner values and desires.



## Liked: Whose Approval Are You Living For? by Kari Kampakis

★★★★☆ 4.7 out of 5

Language : English  
File size : 1260 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 194 pages



In her book *Liked*, author Courtney Peppernell explores the dangers of living for the approval of others. She argues that this can lead to anxiety, self-doubt, and a lack of authenticity. Peppernell encourages readers to find their own inner validation and to live a life that is true to themselves.

## The Dangers of Seeking Approval

There are many dangers associated with seeking approval from others. First, it can lead to anxiety and self-doubt. When we constantly worry about what other people think of us, we become afraid to take risks or express

our true selves. We may start to censor ourselves or change our behavior in Free Download to fit in. This can lead to a loss of authenticity and a sense of emptiness.

Second, seeking approval from others can lead to a lack of self-awareness. When we're focused on what other people think, we're less likely to pay attention to our own needs and desires. We may start to ignore our own feelings and intuition in favor of what we think others want us to do or be.

Finally, seeking approval from others can lead to a lack of fulfillment. When we live our lives for the approval of others, we're not living our own lives. We're living a life that's dictated by the expectations of others. This can lead to a sense of emptiness and dissatisfaction.

## **How to Find Inner Validation**

If you're tired of living for the approval of others, it's time to start finding your own inner validation. Here are a few tips:

- **Be honest with yourself.** The first step to finding inner validation is to be honest with yourself about who you are and what you want. What are your values? What are your goals? What makes you happy?
- **Listen to your intuition.** Your intuition is your inner voice, and it's always there to guide you. When you're faced with a decision, take a moment to listen to your intuition. What does it tell you to do?
- **Trust yourself.** Once you know what you want and what your intuition is telling you, it's important to trust yourself. Don't second-guess yourself or let others tell you what to do.

- **Be kind to yourself.** Everyone makes mistakes. When you do, don't beat yourself up about it. Forgive yourself and learn from your mistake. Be patient with yourself and give yourself time to grow and change.
- **Celebrate your successes.** When you achieve something, take a moment to celebrate your success. No matter how small or large, every accomplishment is worth celebrating. Celebrating your successes will help you to build confidence and self-esteem.

## Living a Life True to Yourself

Once you start to find your own inner validation, you can start to live a life that is true to yourself. This doesn't mean that you have to be perfect or that you have to please everyone. It simply means that you're living a life that's in alignment with your own values and desires.

When you live a life true to yourself, you're more likely to be happy and fulfilled. You're also more likely to be successful in your career and relationships. When you're not constantly worried about what other people think, you're free to be yourself and to pursue your own dreams.

Liked is a powerful and inspiring book that can help you to break free from the chains of approval-seeking. If you're tired of living for the approval of others, I encourage you to read this book. It will help you to find your own inner validation and to live a life that is true to yourself.

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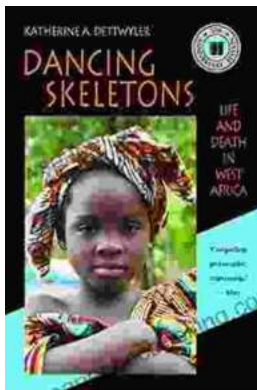
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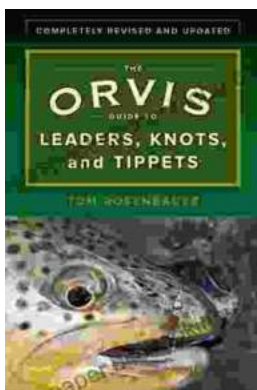


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