



Be gentle with your

Forgiveness Heals

**crazy sexy**  
**LOVE NOTES**

by kris carr

Artwork by Lori Fortis

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Messages from your  
wise & fabulous inner self

A 52-CARD DECK

Take your foot off the gas and  
don't push yourself so hard.  
If you need to rest, then take a  
break. The world won't fall apart  
if you nap. Renew, dear one.  
You are a treasure.  
Be gentle with yourself.

# **Crazy Sexy Love Notes :** **A 52-Card Deck**

**By**  
**Kris Carr**

**Hay House Inc**

It's high time you gave yourself a healthy dose of self-love. The fact is, you deserve it. You are a magnificent, radiant being. You are divine. And you are awesome. The sooner you start embracing that and treating yourself accordingly, the sooner your life will begin to unfold with compassion, purpose, ease, health and vitality.

In this card deck from New York Times bestselling author Kris Carr, featuring gorgeous illustrations by artist Lori Portka, you'll find gentle, yet powerful reminders to help you care for and

appreciate yourself at the deepest level. Let these love notes guide you back home when you lose your way, and remind you to:

- Choose love - extend your love to all beings, most importantly yourself.
- Nourish yourself - choose healthy, wholesome foods prepared with love.
- Notice the blessings - when we take stock of our blessings, we receive more of them.
  - Be gentle with yourself - you are precious.
- Accept yourself unconditionally - let go of who you think you should be and fall madly in love with who you are in this moment.

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