



# CELEBRATE A NEW MOVEMENT TO SELF-LOVE YOU MORE!

In celebration of Global Love Day and Mental Health Awareness Month May 2023, Angelique Medow, Founder of Will You, spearheaded a global, unconditional love movement called **Self-Love YOU More** alongside medical doctor, Juaquita Callaway. This movement supports mental, emotional and physical health, and vital feelings of safety and belonging by increasing self-worth.

**This self-love movement runs counter to the current, codependent, comparative model of love that's running mainstream in the I-love-you-more-than-you-love-me movement.** Though that movement has an element of humor and truth in that we currently live in a polarized society of under-givers and over-givers, it lacks equality, balance and peace. In that model of love, we give to others at the expense and detriment of ourselves. If we want unconditional love in this world, and if we want to experience unconditional love on a personal level, we can compassionately understand and love ourselves in meaningful and balanced ways.

**Learning to love ourselves doesn't mean we don't love and care for others.** In fact, self-love can allow us to care for others on a deeper and more meaningful level. "Learning to truly love ourselves frees us and others from the bondage of codependent, resentful, unhappy, toxic relationships," said Medow.

**Healthy self-love is possible.** Though the concept may seem alien and outlandish, it doesn't have to be hard. "Loving ourselves means that we learn what we truly need and find ways to give that to ourselves in healthy ways. It can look like taking time to ask ourselves, "How do I feel?" We may realize we are thirsty, need to use the restroom and are out of breath. Then we can lovingly attend to those needs, which allows us to relax and be restored, knowing someone (we are that someone) is taking care of us. **By unconditionally loving ourselves, we can learn the way to unconditionally love others,** including people, plants, animals, the world and more," Medow said.



**"I personally stand behind this movement, it empowers patients to better care for themselves."**

**-Dr. Juaquita Callaway**

- *For more information or to interview the Self-Love YOU More movement creator, Angelique Medow, go to [willyougrow.com/media](http://willyougrow.com/media).*
- *Enjoy a free deck of Affirmations Cards with any purchase during the month of May for: personal growth, adventure travel or tools for unconditional love by visiting [willyougrow.com](http://willyougrow.com).*
- *Upcoming media events for the Love YOU More movement may be seen at [willyougrow.com/upcoming-media](http://willyougrow.com/upcoming-media).*

## CONTACT



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Will You is an inspirational multimedia company that provides personal growth, adventure travel and tips and tools for unconditional love.