

Gisela Gilges

SELF-LOVE STORIES



A *Editorial El Ateneo*

*This book is dedicated to you, simply because
you're a special person.*



Self-love stories

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Patagones 2463 - (C1282ACA) Buenos Aires, Argentina

Tel.: (54 11) 4943-8200

editorial@elatenio.com - www.editorialelateneo.com.ar

Dirección editorial: Marcela Luza

Gerencia editorial: Marina von der Pahlen

Edición: Marina Fucito

Producción: Pablo Gauna

Coordinación de diseño: Marianela Acuña

Armado: Margarita Guglielmini

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Mismatched Socks

“Mooooom! I already told you I don’t want to match my socks!” Sofi yelled that morning.

“Oh, Sofi, honey! Do you want to wear mismatched socks again? You can’t wear a blue and an orange sock,” her mom said. “They both have to be the same color, either blue or orange.”

“Why won’t you let me do it?” she answered angrily.

Her mom just looked at her with tired eyes, without answering her question. The truth was that she did not know why she would not let her; the school did not have a uniform, and sometimes kids even went to school in costumes. She was so confused; this sock argument had become part of their daily routine and she could not understand why her daughter would insist on it.



Luckily, I know the answer, and if you promise to keep the secret, I can share it with you.

There was a special girl named Delfi who went to the same school as Sofi. Sofi and Delfi were not the best of friends, Sofi used to say that Delfi was pretty ridiculous and she did not fancy her, but secretly... she dreamed of being her friend.

Sofi was not the only one who felt this way. It happened to many girls in the school. They felt a mix of love and hate every time they saw her coming.

They picked on her because they thought she was so vain but when Delfi invited them to play at her house, they begged their mothers for permission.



And the boys? Well, Fede had a huge crush on Delfi and always brought her a chocolate to school. Mateo kept making jokes to make her laugh. The rest of the boys could not stop looking at her, head over heels.

Delfi was not the prettiest one or the best dancer, nor the girl who had the best toys. She was not the best at school, her drawings were not very good, and she was not the funniest either. Delfi did not have the best backpack, neither did she bring the best lunch. But there was something about her... And even though they didn't know what it was, everyone wanted to be like her.

The truth is... Delfi loved herself. Very much. Yes! Yes, she really did!



I know it sounds a bit strange, because we are so used to loving other people—our mom and dad, our grandparents, our uncles and aunts... But we are not used to saying we love ourselves. On the opposite, we tend to get really mad and scold ourselves for what we do. What I'm saying is: Delfi loved many people, but she also loved herself.

And if you ask me what people who love themselves are like, I will tell you that when people have self-love, they do not say mean things to themselves. If they make a mistake, they make the most of it and learn from it. If they cannot understand something, they ask for help.

People who have self-love do not compare themselves with others; they try to spend more time with other people and share moments with them.



It's simple; people who have self-love treat themselves nicely. They treat themselves as they do with the people they love the most. Delfi was one of those people who love themselves, and that's why everyone admired her.

So, if Delfi went to school with messy hair, the next day every girl wanted to show up with messy hair too. On the way to school, Sofi's mom yelled at her for unbraided the hair she had worked so hard on that morning. She thought Sofi was a rebel who didn't appreciate her efforts to make her look neat for school.

If Delfi forgot a notebook by mistake, the next day every girl showed up at school without it too. And that is how everything went. Of course, Delfi didn't notice that all the other girls were copying her, because she didn't mind what anyone else was doing.



Now you understand the sock argument! One day, by accident, Delfi showed up at school wearing mismatched socks. Normally, everyone would have laughed about this. But this time, no one did. Since it was Delfi who made the mistake, it became a trend.

In fact, when the school bell rang, many girls skipped the playground and ran to the bathroom to change their socks. The teachers had no idea what was going on. Neither did Delfi; she was too busy climbing a tree.

However, although the girls wore messy hair and mismatched socks like Delfi, forgot the same things she did and carried the same backpack, none of them radiated the same joy as Delfi, because her secret was not on the outside, but within her. Delfi's secret was not in her appearance, but in how much she loved herself.





One evening, while Sofi tousled her hair before school, ripped a page from her notebook, and messed up the pencils in her pencil case, all with a somber look on her face and the determination of someone who doesn't want to overlook a single detail, her mom approached her.

“Honey, what’s wrong? Is there anything worrying you?”

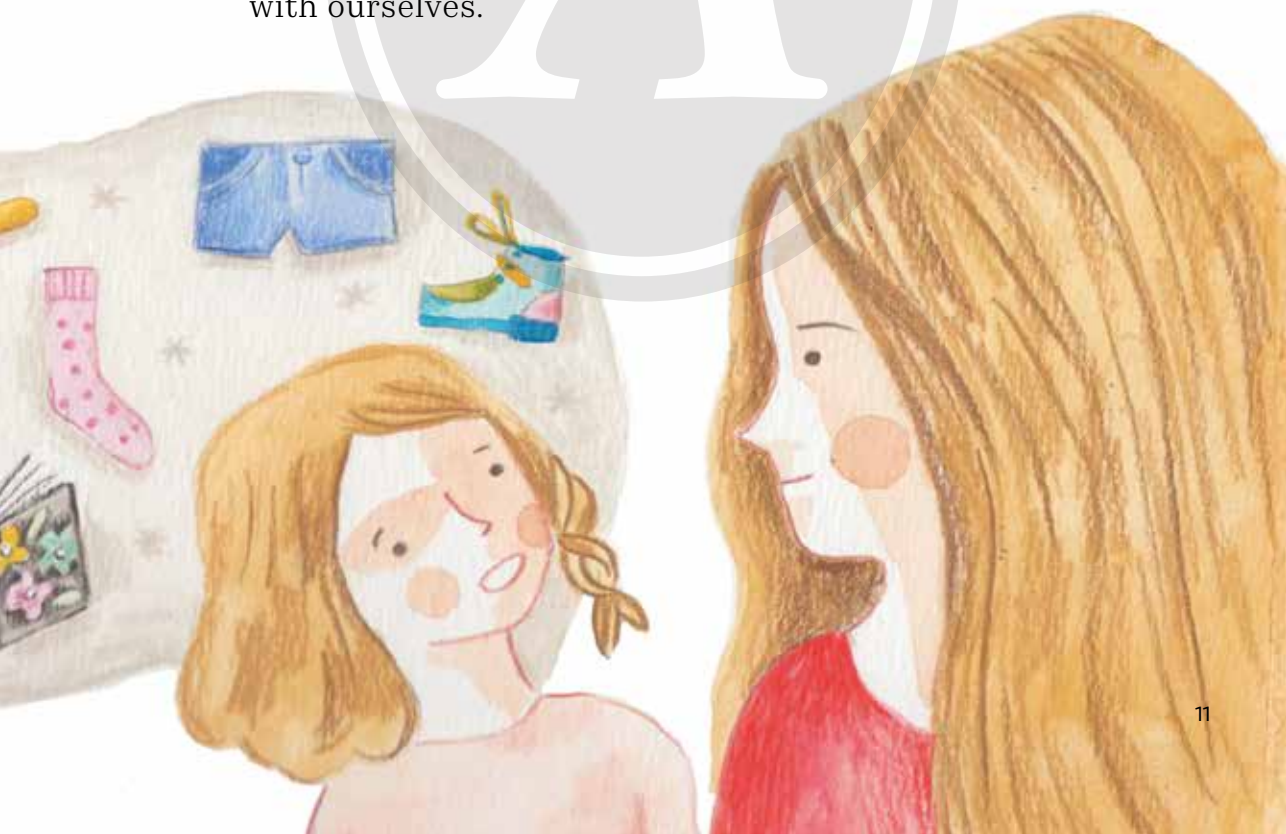
For the first time, her mom did not scold her. This time, she really wanted to know what was going on.

Therefore, Sofi, feeling her mom genuinely connect with her for the first time, told her about Delfi. They ended up having a long and heartfelt conversation. They talked for hours. Sofi’s mom told her that what made Delfi special was not a fancy backpack or a wild hairstyle.



“What Delfi has is called self-love. Self-love means loving yourself deeply, the same way we love each other.”

As her mom explained this to her, Sofi didn't understand much. She thought she already loved herself and could not see any differences. Therefore, her mom said that loving yourself very much means talking to yourself with affection, doing what feels right to you, not just what others do or want you to do. Self-love means loving ourselves because of who we are (our personality) and not because of what we have (a toy, the latest trendy doll, or a pencil case with a space-themed design). Self-love means harming no one, beginning with ourselves.



“Delfi sees herself as special, Sofi. All other girls want to be like her, and they don’t understand why. But they don’t need to copy her. Sometimes they might even feel strange doing what she does or dressing just like her.”

“Yes, it’s true. One time I scribbled on my drawing and felt bad, because I had really liked it. But Delfi...”

“Delfi isn’t looking at your drawing, honey, she’s looking at hers,” said her mom. “If you really want to be like her, you need to look at yourself with love. Remember the day you got a math problem wrong and said, ‘I’m so stupid’? Remember the way I scolded you?”

“Yes.”

“I scolded you because when you talk to yourself like that, you are not showing yourself love.”

“But I can’t help saying it. How can I stop?” Sofi asked, a little bit sad.

“Well... I might have some special tales for you to learn.”



And that's how, for the next four nights, Sofi and her mom read the following stories to learn something as wonderful as self-love. I am sure that once we finish this book, we will all love ourselves so much, so much more.



Guess Who!

How well do we know the people around us? In this challenge, one participant must think of someone the others also know. That participant could choose a school friend, a family friend, or a relative. The others have to guess who it is by asking only “yes” or “no” questions, without giving extra hints, words, or gestures.

For example: Is it a boy? Is it a girl? Does this person have children? Is it Dad’s friend? A school friend? A relative? Do they live in our neighborhood?

