

# love is a choice book

Love Is a Choice Book: Exploring the Power and Purpose Behind Intentional Love

**love is a choice book** serves as a powerful reminder that love is not merely a fleeting emotion or accidental occurrence but a deliberate decision we make every day. This concept challenges the common belief that love just happens to us and instead invites readers to embrace love as an active, ongoing commitment. Whether you're navigating romantic relationships, family connections, or friendships, understanding love as a choice can transform the way you engage with others and yourself.

In this article, we'll dive into what makes the love is a choice book so impactful, its core principles, and how applying its wisdom can lead to healthier, more fulfilling relationships. Along the way, we'll explore related ideas such as emotional commitment, relationship dynamics, and practical strategies for nurturing love intentionally.

## What Is the Love Is a Choice Book About?

At its heart, the love is a choice book outlines a philosophy that love is not just about feelings but about decisions and actions. The author presents love as a skill that can be learned and a practice that requires conscious effort. This perspective encourages people to look beyond romantic ideals and understand love as a commitment to care, respect, and support one another consistently.

The book often discusses how love involves choosing to be patient during difficult times, choosing forgiveness over resentment, and choosing empathy even when it's challenging. It's a guide that moves past the surface-level understanding of love and digs deep into what it takes to maintain meaningful relationships over time.

## Key Themes Explored in the Book

- **Commitment vs. Infatuation:** The book distinguishes between the initial excitement of infatuation and the deeper, ongoing commitment that true love requires.
- **Emotional Responsibility:** Readers learn that love involves owning their emotions and reactions rather than blaming partners or circumstances.
- **Boundaries and Respect:** Healthy love includes setting and respecting boundaries, which helps relationships thrive.
- **Forgiveness and Growth:** The book highlights the importance of forgiving mistakes and growing together through challenges.

## Why Love as a Choice Matters in Relationships

Many people expect love to be effortless—the idea that if you truly love someone, everything should just fall into place. However, the love is a choice book dismantles this myth by showing that

relationships require intentionality. When you understand love as a choice, you gain a sense of control over your emotional life and relationship outcomes.

Choosing love means prioritizing your partner's well-being and the health of the relationship, even when it's inconvenient or emotionally taxing. This kind of love fosters resilience, reduces conflict, and builds deeper intimacy. For couples struggling with communication or trust, adopting this mindset can be a game-changer.

## **Practical Ways to Choose Love Daily**

- **Active Listening:** Make a conscious effort to truly hear your partner's feelings and needs.
- **Express Appreciation:** Regularly acknowledge and thank your loved ones for their presence and efforts.
- **Practice Patience:** Understand that everyone has flaws and difficult days, and choose to respond with kindness.
- **Seek Solutions Together:** Approach conflicts as a team rather than adversaries.

## **The Impact of the Love Is a Choice Book on Personal Growth**

Beyond improving romantic relationships, the love is a choice book offers valuable lessons for personal development. It encourages self-awareness and self-love, emphasizing that the way we treat ourselves sets the standard for how we allow others to treat us.

By choosing love for oneself, readers learn to break free from toxic patterns and develop healthier boundaries. This self-directed love builds confidence, emotional resilience, and a greater capacity for empathy toward others.

## **How Self-Love Shapes Our Relationships**

Self-love is foundational because it:

- **Boosts Emotional Health:** When you appreciate and care for yourself, you're less likely to seek validation through unhealthy means.
- **Enhances Communication:** Knowing your worth helps you express your needs clearly and assertively.
- **Encourages Forgiveness:** Loving yourself allows you to be gentler with your mistakes, which translates into being more forgiving toward others.
- **Attracts Positive Connections:** When you respect yourself, you naturally attract relationships built on mutual respect.

# Common Misconceptions Addressed in the Love Is a Choice Book

The book also tackles several myths that can hinder love's potential:

- **\*\*Love Is Only a Feeling:\*\*** While emotions are part of love, the book stresses that feelings alone are unreliable and fleeting.
- **\*\*If It's True Love, It Should Be Easy:\*\*** Relationships take work, and difficulty doesn't mean failure.
- **\*\*Love Means Losing Yourself:\*\*** Healthy love supports individuality and personal growth.
- **\*\*Once Hurt, Love Is Over:\*\*** Healing and forgiveness are possible when love is chosen intentionally.

## Why Debunking These Myths Matters

By confronting these misconceptions, readers gain a clearer, more realistic understanding of love. This shift in mindset can reduce disappointment and cynicism, allowing for more hopeful and proactive relationship experiences.

## Integrating Lessons from the Love Is a Choice Book into Everyday Life

Applying the principles from the love is a choice book doesn't require grand gestures; small, consistent actions often have the biggest impact. Incorporating these ideas into daily routines can deepen connections and cultivate lasting love.

## Tips for Making Love a Deliberate Choice

- **Start Each Day with Intention:** Remind yourself why you choose to love your partner or family members.
- **Communicate Openly:** Share your feelings honestly and encourage others to do the same.
- **Celebrate Progress:** Acknowledge improvements and growth in your relationships, no matter how small.
- **Practice Gratitude:** Focus on the positive traits and moments you cherish with loved ones.
- **Be Present:** Give your full attention during interactions to show that you value the relationship.

These simple habits help solidify love as a choice rather than a passive experience, enabling relationships to flourish even amidst life's ups and downs.

## **Why This Book Continues to Resonate**

The enduring popularity of the love is a choice book lies in its universal message and practical wisdom. In a world where relationships can feel fragile or confusing, this book offers a hopeful, empowering perspective. It reminds us that love is accessible to everyone willing to take responsibility and make intentional choices.

Readers often find that embracing love as a choice brings a new depth to their connections and a greater sense of fulfillment. It challenges us to move beyond romantic clichés and embrace love's real work — a journey of growth, patience, and unwavering commitment.

Whether you're looking to strengthen your marriage, improve family bonds, or cultivate more meaningful friendships, the love is a choice book provides timeless insights that can guide you every step of the way.

## **Frequently Asked Questions**

### **What is the main theme of the book 'Love is a Choice'?**

The main theme of 'Love is a Choice' is that love is not just a feeling but a deliberate decision and commitment to nurture and maintain a healthy relationship.

### **Who is the author of 'Love is a Choice' and what is their background?**

The book 'Love is a Choice' is authored by Dr. Robert Hemfelt, Dr. Frank Minirth, and Paul Meier, who are counselors and therapists specializing in relationships and personal growth.

### **How does 'Love is a Choice' differentiate between love and infatuation?**

The book explains that infatuation is often based on emotions and physical attraction, which can be fleeting, while true love is a conscious choice to support and care for another person despite challenges.

### **What practical advice does 'Love is a Choice' offer for improving relationships?**

The book offers advice such as developing self-awareness, practicing forgiveness, setting healthy boundaries, and committing to active communication as ways to strengthen and sustain loving relationships.

## Is 'Love is a Choice' suitable for couples or individuals?

Yes, 'Love is a Choice' is suitable for both couples seeking to improve their relationship and individuals who want to understand the dynamics of love and make intentional choices in their relationships.

## Has 'Love is a Choice' been influential in the field of relationship counseling?

Yes, 'Love is a Choice' has been influential and widely used in relationship counseling and therapy, helping many people understand that love requires effort and conscious decision-making.

## Additional Resources

Love Is a Choice Book: An In-Depth Review and Analysis

**love is a choice book** has emerged as a significant work in the genre of relationship and self-help literature, offering readers a perspective that challenges conventional notions of love as a mere feeling or fate. Authored by Robert Hemfelt, Frank Minirth, and Paul Meier, this book delves into the psychology and practical aspects of sustaining love through intentional commitment and effort. Its premise that love is not just an emotion but an active decision resonates with many seeking to understand the dynamics behind enduring relationships.

## Understanding the Premise of Love Is a Choice Book

At its core, the central thesis of the love is a choice book argues that love requires conscious decisions and consistent actions rather than being purely spontaneous or serendipitous. The authors blend psychological insights with spiritual elements, encouraging readers to move beyond relying on feelings alone. This approach appeals to individuals and couples who face challenges in maintaining intimacy amid life's stresses.

The book's foundation is built upon the idea that love involves commitment, forgiveness, and growth, which are all choices made daily. This contrasts sharply with popular culture's romanticized depiction of love as effortless and always joyful. Instead, the book presents love as a deliberate practice, requiring resilience and self-awareness.

## Authors and Their Backgrounds

The credibility of the love is a choice book is amplified by the backgrounds of its authors. Robert Hemfelt and Frank Minirth are both clinical psychologists with extensive experience in marriage counseling, while Paul Meier brings a pastoral perspective. Their combined expertise offers a holistic view encompassing emotional, psychological, and spiritual dimensions, making the book applicable to a wide audience.

# Key Themes and Concepts Explored

Throughout the book, several recurring themes emerge that distinguish it from other relationship guides. Understanding these themes provides insight into why the love is a choice book continues to influence readers and therapists alike.

## Love as a Commitment Rather Than Just Feeling

One of the most pivotal concepts is the reframing of love from a fleeting emotion to a steadfast commitment. The authors emphasize that feelings of love may ebb and flow, but choosing to love is an enduring decision. This perspective helps readers navigate difficult periods in relationships without feeling hopeless or disconnected.

## The Role of Forgiveness and Grace

Forgiveness is highlighted as a critical component in sustaining love. The book argues that choosing to forgive, even when it is challenging, fosters healing and deepens connection. This ties into the broader spiritual undertones of grace and compassion that the authors weave throughout the narrative.

## Personal Growth and Responsibility

Another essential element is personal accountability. The love is a choice book encourages individuals to examine their role in relationship dynamics and to grow emotionally. This proactive stance empowers readers to effect change within themselves as a pathway to improving the relationship.

## How Love Is a Choice Book Compares to Other Relationship Literature

In the crowded field of love and relationship books, this work stands out for its practical, no-nonsense approach combined with spiritual wisdom. Unlike books that focus primarily on communication techniques or psychological theories, love is a choice book merges these with a faith-based dimension, appealing to readers seeking both practical advice and deeper meaning.

For example, compared to Gary Chapman's "The Five Love Languages," which centers on understanding partner preferences, love is a choice book focuses more on the internal decisions and commitments that sustain love over time. Similarly, unlike Esther Perel's explorations of desire and infidelity, this book is more about foundational stability and forgiveness.

## Strengths of the Book

- **Accessible Language:** The authors write in a clear, straightforward style that is easy to understand for readers from diverse backgrounds.
- **Balanced Approach:** By integrating clinical psychology and spiritual perspectives, the book appeals to a broad audience.
- **Actionable Advice:** Readers are provided with practical steps and reflective exercises to implement the principles discussed.
- **Focus on Long-Term Love:** The emphasis on commitment helps readers think beyond initial attraction to cultivating lasting relationships.

## Potential Limitations

- **Religious Undertones:** The spiritual aspects may not resonate with secular readers or those from different faith traditions.
- **Generalization:** Some critics argue that the book's approach may oversimplify complex emotional and psychological issues in relationships.
- **Less Focus on Modern Relationship Dynamics:** Topics like non-traditional relationships or contemporary dating challenges are not deeply addressed.

## Practical Applications and Reader Impact

The love is a choice book has found utility not only among individual readers but also in counseling and therapeutic contexts. Many marriage counselors recommend it as a resource to couples struggling with communication or emotional disconnect. Its emphasis on choice empowers readers to take ownership of their relational health.

Readers often report that the book's insights help shift their mindset from passive longing to active engagement. By internalizing the idea that love is a choice, individuals feel motivated to cultivate patience, empathy, and forgiveness. This transformation can lead to improved relationship satisfaction and resilience.

## Exercises and Tools Included

The book includes practical exercises designed to reinforce its core messages. These include:

1. Reflective journaling prompts encouraging self-examination of attitudes toward love and commitment.
2. Guided communication techniques to foster openness and understanding between partners.
3. Strategies for practicing forgiveness and managing conflict constructively.

These tools contribute to the book's reputation as not merely theoretical but a hands-on guide for relational growth.

## SEO Relevance and Keywords Integration

When examining the love is a choice book from an SEO perspective, the title itself is a strong keyword phrase with considerable search volume among readers interested in relationship advice. Incorporating related LSI keywords such as "relationship commitment," "forgiveness in love," "choosing to love," and "marriage counseling books" enhances discoverability.

Moreover, addressing related concepts like "how to sustain love," "relationship growth," and "love as a decision" naturally aligns with common queries online. This ensures that content centered on this book appeals both to casual readers and those conducting research or seeking therapeutic resources.

The article's balanced tone, detailed analysis, and inclusion of both pros and cons further contribute to comprehensive coverage, which search engines favor for authoritative content.

While the love is a choice book is often cited within Christian counseling circles due to its spiritual undertones, its psychological foundations and practical advice give it broader appeal that transcends religious boundaries.

## Final Reflections on Love Is a Choice Book

Love is a choice book offers a thought-provoking exploration of what it means to love beyond mere feelings. Its insistence on intentionality and commitment challenges contemporary cultural narratives that often equate love with fleeting emotions. By blending psychological expertise with spiritual wisdom, the authors present a multidimensional framework that has resonated with many seeking to deepen and sustain their relationships.

While it may not address every nuance of modern relationships, its core message remains powerful and relevant: love requires conscious choice, daily effort, and a willingness to grow both individually



and together. For readers willing to embrace this perspective, the book provides valuable insights and practical tools to navigate the complexities of love in a deliberate and meaningful way.

## **Love Is A Choice Book**

**love is a choice book: Love and Choice** Lucy Fry, 2022-02-08

**love is a choice book: When Love is by Choice Instead of Chance** C. Anthony Taylor, 2002

**love is a choice book: Love Is a Choice** Race Cummings, 2016-03 The heart wants what it wants, so you have no choice, right? Wrong. Race Cumming's latest book, *Love is a Choice: Finding Love and Building a Legacy*, proves that you do have a choice when it comes to love. His book is an in-your-face look at approaching courtship, love, and building a legacy with the same care and planning that you would take to build your professional career. Beginning with the concept of falling in love and the aura of powerlessness that comes along with, Mr. Cummings explores the roles that self-exploration and self-preparation play in realizing what choices are available to reach that ultimate goal: marriage, lasting love, and an enduring family legacy. Some questions that are tackled are: Are you laboring under a false ideology? Can you provide any of the things that are on your list of requirements for a prospective mate? Do you know your own level of maturity? Do you know what it means to build a legacy? What kind of legacy can you leave your own family? Brimming with personal stories, pyramid scenarios, practical advice and promising suggestions for a better relationship, *Love is a Choice: Finding Love and Building a Legacy* reminds starry-eyed lovers of just what it takes to find the right mate, form a strong and unbreakable bond, and build a lasting family legacy.

**love is a choice book: *Love Is a Choice*** Harry Benson, 2022-09-07 Where there is Love there is life You have the necessary tools that can make choosing easier: Communication, honesty and trust. People are more likely to fail in their relationships when they refuse to use these tools. Stop thinking that you have to wait until you fall in love with a person to find happily-even-after. Love is a choice that you can make or ignore. Knowing Love is a choice will help you better manage your relationships when you have eventually found one, and you will be happy the rest of your life. Harry Benson, a clinical psychologist, who researches relationships, one of the world's leading experts on relationships, reveals how you alone can make love happen and why. If you're having trouble choosing the right person, the problem isn't you. The problem is your system. Failures in choosing the right person repeats itself again and again because you don't know how to make it happen all these years. But don't be weary, you are in the right place, where you will know how you alone can help yourself and make changes. Harry is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life. Here, he draws on the most proven ideas from past relationships to create an easy-to-understand choices for making good and healthy relationship. Learn how to: - Communicate your needs; ...and much more. Love is a choice will reshape the way you think about your love life, and give you the guide and strategies you need to transform your life.

**love is a choice book: *The Five Love Languages*** Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally

syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on [fivelovelanguages.com](http://fivelovelanguages.com). The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

**love is a choice book: *Decision to Love*** John M. Midgley, Susan Vollmer Midgley, 1992 This comprehensive program offers couples the guidance and groundwork necessary to assist them in evaluating their readiness to make a permanent life commitment. Each of the eight chapters deal with critical topics that are addressed in several ways: His and Her pages; Couple and Group discussion questions; Issues of Special focus; and more. Also comes with a complete wedding liturgy planner with Scripture readings.

**love is a choice book: *Love Work*** Andy Gooday, 2015-07-15 Things have changed in the modern workplace. We are entering a new age, with a new workforce generation who have different values. This workforce is more driven by recognition, the opportunity to create impact with their work and a genuine sense of community. Love Work contains solutions and tactics generated through interviewing hundreds of managers and leaders from the footwear & apparel industries. These are practical and realistic ideas that anyone can use to inspire their teams, encourage existing employees to stay for longer and convince the best talent to become employees.

**love is a choice book: *The Comforter: Or, Love of the Spirit Traced in His Work and Witness*** Robert Philip (D.D.), 1872

**love is a choice book: *For the Love of Books & Stories (ENHANCED eBook)*** Tracey Ann Coveart, Robynne Eagan, 2006-03-01 Welcome to a book-lover's best friend! This collection of engaging and content-focused activities will help you nurture literacy in your classroom--or the entire school. Filled to the brim with suggestions for engaging students with books in a meaningful and academic way, you will be able to use these activities with small or large groups. They allow students to bring their own reading experience-regardless of level of proficiency-to the table to use as the basis for learning about reading and writing. And this resource will help mentor every student's most effective literacy model--you! You'll be given full background information for all activities so that you can set the tone for a confident and considered approach to the love of books!

**love is a choice book: *Dear God, Help!!! Love, Earl*** Barbara Park, 2012-02-29 Earl is ready to do anything to avoid the meanest kid in school-even if it means playing dead.

**love is a choice book: *The Michigan Alumnus***, 1989 In volumes 1-8: the final number consists of the Commencement annual.

**love is a choice book: *Love Is a Choice*** Jermaine Thomas, 2023-10-10 Ever pondered why some relationships exude love while others toil in secret because of miscommunication? You and your spouse are battling to close the emotional gap in your marriage, but you keep slipping apart. the ongoing desire for greater connection yet being unaware of how to express love in each other's preferred manner. Witnessing the charm of couples who have discovered the formula for harmonious love might make you feel as though you are missing the guide to a happy marriage. The book Love Is a Choice reveals simple yet powerful methods for using the five love languages in your marriage. This book on relationships is not just another one; it is a thorough investigation of how to promote lasting love, understanding, and deeper connections. Why you should own this eBook: Unlock the Secrets: Learn the techniques for comprehending and using speaking your partner's language of love will result in a closer, more enduring relationship. Adopt Proven Techniques: Discover and use useful strategies that can change your marriage and foster love, trust, and intimacy. Improve Your Relationship: Say good-bye to miscommunications and wasted opportunities and hello to a more satisfying and harmonious relationship. Embrace passion and purpose in your marriage to guide it toward a lifetime of love and happiness. Rediscover love. Are you prepared to move from a just existential relationship to one that is characterized by love, compassion, and fulfillment? Do you want to write your own love tale, where love is a decision rather than merely a feeling? Act right away. Accept the tools, awaken your love languages, and change your relationship.

**love is a choice book: A Chronicle of the Fermors: Horace Walpole in Love** M. F. Mahony, 1873

**love is a choice book: Ruthie's Love** M. Lee Prescott, 2017-11-15 Ruthie Morgan and Harley Langdon have been doing their passionate dance for years. In love with the drop-dead, gorgeous wrangler for as long as she can remember, Harley still sees her as his kid sister. When she hears he is leaving the valley for a job in California, she explodes, heartbroken and angry. As Harley contemplates the move, he gazes around at what he's leaving especially his best friend, Ben Morgan's little sister, now a beautiful, sexy woman. When the two begin a sizzling red hot affair, sparks fly and a job offer closer to home means Harley must choose between the chance of a lifetime and the woman he loves. Join the Morgan family and friends for this much awaited sixth book in the series. The story of these two lovers will leave your breathless from beginning to end. Warning-- the heat is up several notches on this one!

**love is a choice book: A Love for Life** Dennis R. Di Mauro, 2008-06-20 Is abortion ethical? The answer to this question is often obscured by rhetoric, slogans, and politics. And the media message on abortion is often of little help. When the typical American opens up her morning newspaper, she sees the topic debated between pro-lifers and pro-choicers but receives little information that could help her make an informed moral decision. And as she reads further about the subject, it seems that the Christian church, often an ethical guide in many of her decisions, is of no use to her. Sadly, she is told that the church is just as divided as the rest of society on the topic. So our average American is left to fend for herself. She must somehow decide the right answer with little guidance from society, from the church, or even from God himself. But is our average American really without guidance? Has she gotten all the information she needs about abortion, or has she received only the five-second sound bite that leaves her as confused as she was before she heard about the abortion debate? And has God been silent on the abortion question? Has the church really shown a diversity of opinion on the sanctity of life? A Love for Life will provide Christians with the biblical and historical information that they need to make an informed decision on the abortion question. It will also take a critical and biblically-based look at the arguments and theologies of today's most prominent pro-choice clergy. And it will determine if abortion really fulfills the will of God, as many pro-choice Christians believe, or whether abortion is a clearly sinful act. In short, readers of A Love for Life will discover the real message of the church on abortion.

**love is a choice book: The Power of Infinite Love** Darren R. Weissman, Dr., 2007-02-01 Would you like to discover your infinite potential for healing and moving through life's challenges? If so, The Power of Infinite Love & Gratitude by Dr. Darren R. Weissman will help you view your life from a new and heightened perspective. You'll learn to unleash your mind and body's extraordinary capacity for healing; and you'll begin to understand the complex language of physical symptoms, dis-ease, and stress. This work reveals the journey of your spirit and sheds a new light on one of the greatest mysteries humankind has attempted to unravel—the subconscious mind. As you read, you'll find that you're learning how to transform and master your life based on these key lessons: · The universe is infinite; · You have free will—a choice with every experience; · Everything is interconnected; · Judgment is prohibited; · The greatest power is self-love; · You need to embrace life with the attitude of gratitude; · You must take responsibility for your life; · Life has meaning; and much more.

**love is a choice book: Ghost Love** Eileen Sheehan, 2018-04-15 Discover the untold secrets lingering beneath the dusty soil of Montana in this heart-stopping tale of love turned nightmare. When a rugged nineteenth-century rancher, Ian Murray, stumbles upon a mysterious, bloodied woman on his newly acquired land, little does he know that his act of compassion will unleash a sinister force beyond his imagination. Surrounded by the remnants of a long-forgotten settlement, haunted by vengeful spirits and pursued by a seductive succubus, Ian finds himself entangled in a supernatural web of horror. As his very soul hangs in the balance, Ian's loyal men race against time to seek the aid of a legendary Blackfoot medicine man. Will they arrive in time to save their courageous leader from a fate more terrifying than death itself? With an irresistible blend of

heart-pounding thrills, chilling suspense, and passionate romance, Sheehan's masterful storytelling conjures a spellbinding world that will leave readers breathless. Prepare to be captivated by this historical romance thriller, where danger lurks at every turn and desire weaves a tangled web of its own. What a few readers are saying... This book was great, I loved all the characters and the plot kept me guessing what would happen that I couldn't put this book down. Definitely a must read! This book was definitely interesting. It was not what I was expecting, but intrigued me so much more. I could not stop reading it. I had to know what I was going to happen next.

**love is a choice book:** *Love Yourself & Lose Weight: The Success Story of Self Love* Katie Lips, 2022-01-21 This isn't just another weight loss book, it's so much more - Online Book Club An easy-to-read book with a unique approach to weight loss. - Reedsy This book will help you to harness the power of self-love, change your relationship with food and exercise, achieve your weight loss goals and fall in love with you. Yes, self-love can help you lose weight - it helped me lose over 85 pounds. I share my story to help others learn to love themselves more, overcome weight issues, and get the body they desire and deserve. WHO THIS BOOK IS FOR Diets not working for you? Not loving the gym? Feeling fed up with being overweight? This book is for anyone who wants to make a change in their lives. WHY DIETS ALONE DON'T WORK There's a reason restrictive diets and strict exercise regimes don't work. Technically, any regime will work if you can 'stick at it', but sticking at it is hard. Hey, even starting is hard, right? To make a big change we need to change our mindset first. THIS IS A REVOLUTIONARY NEW WEIGHTLOSS METHOD Instead of starting diets or exercise regimes and trying, or hoping for the best, it's time for a new weightloss method. To do what's necessary to shift the weight via any diet or exercise regime, first you have to fix your relationship with you. Love Yourself & Lose Weight offers a revolutionary and visionary approach to weightloss that's not about the food you eat or the calories you burn, no, it's simply all about you. If you don't accept, like, and love yourself, you're missing a key ingredient to any weightloss regime - you're missing what you need to make the change. Without self-love, the chances are stacked against you and it's more likely that whatever you try will fail. SELF LOVE IS THE KEY What if learning to absolutely love yourself could be the key? "With self-love on my side I lost over 85 pounds forever. I'm sharing my secrets of self-love to help you lose weight too. If I can do it, anyone can!" THIS IS A TRANSFORMATIONAL STORY This is the success story of self-love. Katie shares her personal, funny and inspirational story of how she found and harnessed self-love to achieve massive and permanent weight loss. At the age of 38, with a new born baby, Katie was fed up - literally! Years of telling herself she was fine, that the weight gain didn't matter, that she didn't matter - had taken their toll and she was over 85 pounds overweight. She didn't want to wake up feeling disappointed anymore, she knew she needed a change and she knew diets had never worked. A year and a half later, having discovered the power of self-love, she had lost over 85 pounds, changed her shape, changed her outlook on pretty much everything. LEARN THE POWER OF SELF LOVE This book explains the psychology and power of self-love as a catalyst for weightloss. Instead of achieving self-love as a result of weightloss, Love Yourself & Lose Weight helps readers to achieve self-love today! Loving yourself today, whatever weight you are, will enable you to eat consciously, to move your body, and to delight in your weightloss journey, and to feel great about being you. THE BOOK CONTAINS ACTIVITIES YOU CAN DO AT HOME TO BUILD YOUR SELF LOVE Read how Katie transformed her life and then use the series of easy activities as you create your own self-love success story. Part 2 of the book is your story to write. Download free resources to print and use at home via the author's website. WHY WAIT? Love is powerful and with love on your side you can achieve anything. Learn to accept, like and love yourself today to achieve your wildest weightloss goals with ease. This book will help you: - Understand the power of self-love - Practise self-love and feel great - Change your relationship with food and exercise, enjoy mindful eating - Set and achieve your weightloss goals - Fall in love with you

**love is a choice book:** *A Vampire's Love* Eileen Sheehan, 2018-09-01 A Vampire's Love made it all worthwhile... Accepting an invitation to a paranormal investigation on Halloween night was supposed to help Genice disprove superstitions and myths. Instead, it brought encounters with

ghosts, the death of a dear friend, and the awakening of a side of her she never knew existed. Filled with excitement, peril, and sizzling romance, this is a story that you'll want to read more than once!

**WHAT SOME READERS ARE SAYING ABOUT THIS STEAMY PARANORMAL ROMANCE** What a completely compelling story! I loved all of the mystical elements brought into the story. This is not your typical romance love story, it's even better! There's action, excitement, drama, intrigue, and of course, a smoldering hot vampier love interest!! What an incredible paranormal romance! I hope there are more to this book! I loved, loved, loved this book! This book had everything I wanted in a paranormal romance, insta love from an alpha vampire trying to protect his mate, drama, some mystery and lots of paranormal activity. You don't want to miss this book. There is lots of action and paranormal activity in this novel. Throw in some steamy sex scenes and you have yourself a novel to read while relaxing with a glass of wine. This is the first book I've read by Ellen Sheehan and I loved it. She has a nice writing style and tells the story well.

**love is a choice book: Shadow Love** Eileen Sheehan, 2017-08-01 DESCRIPTION: It isn't until nineteen year old Alison Colby, inherits an old family estate house that she discovers the secret her parents kept from her. Not only is she a shadow walker, but she is of royal lineage and is expected to assume the throne soon. She has a lot to learn about the world of shadow walkers, including the perils they face. Fortunately, Nick Jackson is willing to teach her all she needs to know, since he just so happens to be a shadow walker himself..and he is in love with her. Unfortunately, so is his competitive cousin, Martin... and when it comes to a contest of women, Martin always wins.

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