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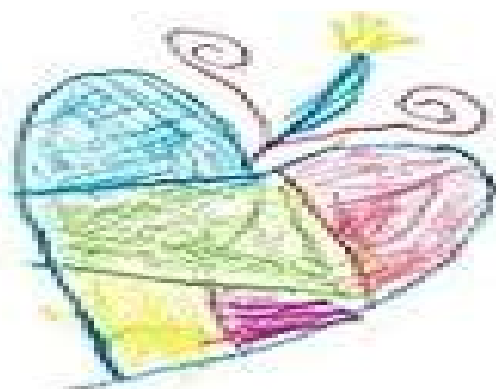
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Loveability

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Knowing How to Love and Be Loved



Foreword by Marianne Williamson

author of *A Return to Love* and *Enchanted Love*

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Loveability Knowing How To Love And Be Loved

Rachel S Tattersall



Loveability Knowing How To Love And Be Loved:

Loveability Robert Holden, Ph.D.,2014-06-02 Love is your destiny It is the purpose of your life It is the key to your happiness and to the evolution of the world Loveability is a meditation on love It addresses the most important thing you will ever learn All the happiness health and abundance you experience in life comes from your ability to love and be loved This ability is innate not acquired Robert Holden is the creator of a unique program on love called Loveability which he teaches worldwide He has helped thousands of people to transform their experience of love Love is the real work of your life says Robert As you release the blocks to love you flourish even more in your relationships work and life In Loveability Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love With great intimacy and warmth he shares stories conversations meditations and poetry that have inspired him in his personal inquiry on love Key themes include Your destiny is not just to find love it is to be the most loving person you can be Self love is how you are meant to feel about yourself It is the key to loving others When you think something is missing in a relationship it is probably you Forgiveness helps you to see that love has never hurt you it is only your misperceptions of love that hurt The greatest influence you can have in any situation is to be the presence of love Loveability Robert Holden,2013-03 Love is your destiny It is the purpose of your life It is the key to your happiness and to the evolution of the world Loveability is a meditation on love It addresses the most important thing you will ever learn All the happiness health and abundance you experience in life comes from your ability to love and be loved This ability is innate not acquired Robert Holden is the creator of a unique programme on love called Loveability which he teaches worldwide Using this three day public programme he has helped thousands of people to transform their experience of love Love is the real work of your life says Robert As you release the blocks to love you flourish even more in your relationships work and life In Loveability Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love With great intimacy and warmth he shares stories conversations meditations and poetry that have inspired him in his personal inquiry on love Key themes include Your destiny is not just to find love it is to be the most loving person you can be Self love is how you are meant to feel about yourself It is the key to loving others When you think something is missing in a relationship it is probably you Forgiveness helps you to see that love has never hurt you it is only your misperceptions of love that hurt The greatest influence you can have in any situation is to be the presence of love **From Mean to Real Clean** Vanessa Baker,2021-01-22 Parenting children of any age is not a simple undertaking As much as we desperately want to do it right and be respected and remembered by our kids as being a great parent our teenagers often test our patience cause us to lose sleep over our worries about them and make us scratch our heads in frustration The good news is that there are concrete ways to experience a fully functioning highly communicative relationship with your adolescent children In a challenging humorous and sometimes raw guide Vanessa Baker relies on her professional experience as a teen mindset coach and personal insight as the mother of six to upend the

socially accepted attitudes and norms of parenting teenagers While offering parents an innovative framework in which the acronyms MEAN REAL and CLEAN are broken down into action steps and powerful mindset shifting concepts Baker encourages parents to take a journey inward to not only better understand their teenagers but also themselves as a person and parent Included is an introduction to her corresponding course as well as information on how to create a fully functional relationship in five steps From MEAN to REAL CLEAN is a comprehensive guide that provides an innovative framework that leads parents down an empowering path to understand what it means to raise teens Quantum Love Laura Berman, Ph.D.,2017-02-07 Falling in love is a thrilling transcendent experience but what about staying in love Once the intense excitement of a new relationship starts to fade you may think your only options are to somehow recapture that early magic or settle for a less than fulfilling love life Now love sex and relationship expert Laura Berman Ph D taps the latest scientific and metaphysical research to offer an inspiring alternative a higher level of love beckoning you to move forward not backward Using the essential truth we ve learned from the study of quantum physics the fact that at our molecular core each of us is simply a vessel of energy Dr Berman explains how you can use what s happening in your inner world to create a level of passion connection and bliss in your relationship that you ve never imagined possible Drawing on her clinical practice and case studies as well as her personal journey she guides you to Plot your unique energetic frequency of love with her Quantum Lovemap Work consciously with the energy of your body heart and mind Make four key commitments designed to raise your energetic profile Bring your frequency into harmony with your partner s so that you can grow together Learn how to have Quantum Sex which is every bit as good as it sounds Quantum Love is the best possible experience of love and it s available to absolutely everyone whether you re seeking a mate in a relationship that s struggling or just finding that love has turned lackluster through the stresses of life You can t go back to the honeymoon phase but there is something so much better within your reach Quantum Love lets you reach new heights of intimacy as you gain a fuller sense of purpose in life and love

Daily Love Mastin Kipp,2015-09-09 When Mastin Kipp found himself at rock bottom addicted to drugs and parties living in the tiny pool house of his ex girlfriend s parents jobless and with nowhere to go he looked to the divine for help What he found moved him from a life filled with the excesses of Hollywood as a manager in the music industry to one powered by self acceptance and service To spread the love beyond his personal circle Mastin started his Twitter account TheDailyLove now with more than half a million followers and his popular website TheDailyLove com which features writers from many walks of life from Russell Simmons to Wayne W Dyer Now Mastin has written a book based on his spiritual experiences in order to help other young seekers discover their own paths In Daily Love Mastin shares some of his personal stories of darkness and light embracing them all as part of his journey to becoming who he really is He also speaks of various spiritual leaders who have influenced his life such as Joseph Campbell Caroline Myss Tony Robbins George Lucas Oprah his parents and Jenna his girlfriend Giving details about the concepts and spiritual principles they put forth he shows how these people have helped to

guide him to success **How to Love Yourself (and Sometimes Other People)** Meggan Watterson, Lodro Rinzler, 2015-09-15 Are you trying to find love and beginning to suspect you're not looking in the right place This wise hip guide gives you a new map for the journey to happiness in relationships of all kinds starting in your own heart Told from the alternating vantage points of authors Meggan Watterson and Lodro Rinzler *How to Love Yourself and Sometimes Other People* reminds us that love isn't something we have to earn All of us are deeply and intrinsically worthy of love not only the love we hope to receive from others but the love we give to ourselves and this book offers the insight and practical tools we need to stay firmly grounded in self love as we ride out the natural and often stormy cycles of relationships Meggan and Lodro's unique perspectives as teachers and scholars of Christian mysticism and Buddhism respectively make for a rich and lively dialogue that draws on wisdom sources like the Gospel of Mary Magdalene and the Four Noble Truths along with funny revealing stories from their own love lives and their deep friendship with each other You'll find guidance for embracing single life dating with an open heart and thriving in lasting love meditations and practices for calm abiding disciplined hope and connecting to the source of love within you and tips on everything from sex self worth and nourishing friendships to navigating breakups and learning to truly love yourself Ultimately you'll be able to see your ideal partner in a new light not as someone who completes you but as someone who mirrors back to you your own wholeness Breathing Love Jennie Lee, 2018-01-08 In this beautiful treatise Jennie Lee gives practical ways to embody love itself a true path to connection with our inherent divinity Tosha Silver author of *Outrageous Openness* and *Change Me Prayers Make Love Your Spiritual Practice* Discover how to embody love breathe it as your daily spiritual practice and recognize it as the core of who you are Love is more than an emotional wave that passes through us and meditation is what we need to clear our inner vision and overcome the impulses and habits that take us away from pure love This remarkable book explores what love is and what it takes to live it each day even in a world full of turmoil Jennie Lee shares many personal stories as she guides you into more active conscious loving by overcoming anger and fear building trust learning to forgive and dealing with loss Using daily meditation practices both on and off the cushion and mindful action *Breathing Love* shows you how to open your heart to your true nature as love itself Praise Winner of the 2018 American Book Fest Best Book Award Self Help Motivational Category Finalist for the 2018 Independent Author's Network Book of the Year Award Spirituality Inspirational Category Named One of the Top 10 Inspiring Books of January 2018 by *Aspire Magazine* Jennie Lee's *Breathing Love* is extraordinarily important because our country and our world are afflicted by a tsunami of separation directed toward the other This pandemic of separation and hostility now threatens our future In elaborating on love Lee provides a path not just for personal psychospiritual growth but also for the survival of our species Larry Dossey MD author of *One Mind* *Breathing Love* is brimming with inspiration for those building or expanding a practice of meditation not just as a self care practice but as a means to heal our hurts and fill our hearts with calm trust and LOVE Agapi Stassinopoulos author of *Wake Up to the Joy of You* Brilliant elegant and easily

practical for those just getting into meditation and for the seasoned veteran This is a book to cherish filled with good stories from Jennie s remarkable life of devotion Stephen G Post author of Why Good Things Happen to Good People and president of the Institute for Research on Unlimited Love This book will set you on the path to healing and to seeing relationships in a whole new light Through her personal stories Lee illustrates the way we can evolve consciousness from fear to love an essential skill for everyone s inner peace Gerald G Jampolsky MD co author of Aging with Attitude *Warrior Love* Roger King,2014-01-24 Author Roger King asks a question we may find truly challenging Could humanity make a huge shift in consciousness and realize we are more naturally polyamorous than monogamous In this narrative a vulnerable story emerges when Roger and his partner separate With heartfelt anger love and wisdom Roger unveils his inner secret admitting he is a polyamorous manhe loves more than one woman Roger writes with disarming honesty and offers insights that can help men and women become open and receptive to love without fear The message is simple not always easy You can change your thoughts with radical honesty and change your life Men Are you willing to love yourself and make the world safer for us to love each other Women Can you trust men with your love Can we learn to replace jealousy of all types with unconditional love Can war and terrorism stop and all types of slavery cease Salvation lies in all of us waking up and learning to love who we truly are If a male version of Louise Hay exists Roger is it Isabelle P Walker Lefebvre Heal Your Life facilitator Roger walks his talk and its so easy to be real around him Sam Hardy business owner Who would be fearful critical or jealous of you if you changed by loving yourself and then shining that love and the powerful miracle within you to create a whole new way of being and living **Angels of Love** Grant Virtue,Melissa Virtue,2017-01-10 Gain confidence clarity and courage with the help of the Angels of Love a council of angels dedicated to helping soul mate relationships In this practical reference guide you ll learn the five steps to finding and keeping the perfect relationship Husband and wife team Grant and Melissa Virtue share with you the techniques they ve personally used which will help you attract love into your life recognize the right partner release the baggage from your past and be present in a true soul mate relationship built upon mutual respect and support **The New Relationship Blueprint** Nancy Levin,2018 Nancy s latest book takes a fresh look at relationships showing you how to build them better from the ground up or perform some skillful renovations where needed This book is for you if you re single and craving a new relationship that s beyond what you ve experienced before divorced and determined never to do that again recovering from the death of a partner and unsure how to move on to other relationships in a relationship you re not sure you can salvage looking to refresh and restore your relationship in a relationship that you recognise as being the right teacher for you even if it s not easy Whatever your relationship status if you re looking for more this book is for you Working from the essential truth that relationship is first and foremost where we learn to love ourselves Nancy will walk you through a 10 step process to overcome your emotional and psychological roadblocks to self love and the relationship you truly desire Publisher s description *Permission to Put Yourself First* Nancy Levin,2019-08-20 Worthy

author Nancy Levin shows you how to turn the old model of relationship on its head and build something better and more fulfilling than you've had before. Are you ready to go back to the drawing board in your love life and end up more satisfied than you've ever been before? In these pages master coach Nancy Levin takes a truly fresh look at relationships showing you how to build them better from the ground up or perform some skillful renovations. *Permission to Put Yourself First* is for you if you fit any of these profiles: you're single and looking for a new relationship beyond what you've experienced before; you're happy alone but looking toward a great relationship in the future; you're divorced and determined never to do that again; or you're recovering from the death of a partner and unsure what's next. It's also for you if you're currently in a relationship that you want to refresh and restore, a relationship that challenges or threatens your boundaries, a relationship you're not sure you can salvage, or a relationship you recognize as the exact right teacher for you even if it's not easy. Essentially, this book is for you if you're ready for something more in relationship than what the old models have offered. It's based on the essential truth that relationship is first and foremost where we learn to love ourselves. Drawing on many of the same exercises she uses with her clients, Nancy guides you through a 10-step process to dissolve your emotional and psychological roadblocks to self-love so you can have the relationship you truly desire.

Kiss Your Fights Good-bye Jamie Turndorf, Dr., 2014-01-20 Heated fighting triggers a biochemical imbalance in men that causes them to flee from conflict. The technical name for this is the Demand-Withdraw-Negative Escalation Cycle, also known as husband withdrawal. This is the number one cause of marital and relationship strife, divorce, and domestic violence. Dr. Jamie Turndorf's techniques, based on 30 years of research out of her Center for Emotional Communication, transform conflict into connection for a lifetime of lasting love. Even if you're locked in battle and have been for years, your relationship can change. Beginning with simple Cool-Down steps, you'll learn why husband withdrawal occurs and then how to use Climate Control strategies to reset the relationship. Women will discover the real reason why men never seem to listen: it's nothing personal and the secret trick that actually makes them want to listen and stick around to settle disputes. Dr. Turndorf's proven conflict resolution method interrupts the cycle of fighting for the majority of couples and can also be used to defuse disagreements among friends and family members.

Health Coach Wisdom Lynell Ross, 2015-09-16 You Have the Power to Be Healthy. You have the power to prevent heart disease, type 2 diabetes, and certain cancers. You can take control and start living a healthy life today. This is a simple guide with easy answers on how to eat nutritious meals that fuel your mind and body, how to get functionally fit to prevent injury, and how to find peace of mind so you can enjoy each day fully and sleep soundly at night. Health Coach Wisdom reveals natural ways to help you lose weight, get fit, and feel great. It is your step-by-step action plan to making simple changes with a big impact. If you want to move from surviving to thriving, you can get started creating your own healthy lifestyle today. In Health Coach Wisdom, you will discover how easy it is to reach and maintain your healthy weight without dieting. Weave in fitness throughout your day. Control your hunger by balancing your blood sugar. Lower stress, improve your mood, and sleep better.

Reduce and reverse the signs of aging Reduce your risk of heart attack stroke and type 2 diabetes Develop peace of mind better relationships and a joyful life Lighten up the everyday foods you love to eat Create daily healthy habits a key to success

Nothing Changes Until You Do Mike Robbins, 2014-05-06 After three years of living his dream as a professional baseball pitcher Mike Robbins had an arm injury that benched him for good and when this happened everything changed He had to figure out who he was without the identity of baseball player a process fraught with emotional highs and lows and he quickly realized that the self criticism and self doubt he was feeling are in fact epidemic in our culture Too often we base our value on our external world our jobs finances appearance or various other factors Even the most successful people struggle with their relationship with themselves In Nothing Changes Until You Do Mike looks at this delicate relationship and brings to light a new way to look at life opening your eyes to your innate value These 40 inspiring essays which are real tales from Mike's own life and the lives of his clients boil down some of the most important lessons Mike has learned on his own personal journey and as he's traveled throughout the country for over a decade speaking to groups of all kinds With themes spanning from the importance of trusting yourself to the benefits of vulnerability to the strength inherent in embracing change this book shows you how to get out of your own way and make peace with yourself With humor authenticity and ease Mike illustrates that with a little self compassion and a healthy dose of self acceptance anyone can turn away from the negatives that manifest because of a critical self perception things like unkindness insecurity addictions sabotaged relationships unnecessary drama and more Making peace with yourself is fundamental to happiness and success So join Mike and learn to have more compassion more acceptance and more love for yourself thus giving you access to more compassion more acceptance and more love for the people and everything else in your life

The Honeymoon Effect Bruce H. Lipton, PHD, 2014-04-01 From the bestselling author of The Biology of Belief Discover the secret to manifesting and maintaining the Honeymoon Effect a state of bliss passion energy and health in the early stages of a great love throughout your entire life Think back on the most spectacular love affair of your life the Big One that toppled you head over heels For most it was a time of heartfelt bliss robust health and abundant energy Life was so beautiful that you couldn't wait to bound out of bed in the morning to experience more Heaven on Earth It was the Honeymoon Effect that was to last forever Unfortunately for most the Honeymoon Effect is frequently short lived Imagine what your planetary experience would be like if you could maintain the Honeymoon Effect throughout your whole life Bruce H Lipton Ph D best selling author of The Biology of Belief describes how the Honeymoon Effect was not a chance event or a coincidence but a personal creation This book reveals how we manifest the Honeymoon Effect and the reasons why we lose it This knowledge empowers readers to create the honeymoon experience again this time in a way that ensures a happily ever after relationship that even a Hollywood producer would love With authority eloquence and an easy to read style Lipton covers the influence of quantum physics good vibrations biochemistry love potions and psychology the conscious and subconscious minds in creating and sustaining juicy

loving relationships He also asserts that if we use the fifty trillion cells that live harmoniously in every healthy human body as a model we can create not just honeymoon relationships for couples but also a super organism called humanity that can heal our planet

Tune In Sonia Choquette, Ph.D.,2013-09-09 Connect with your Spirit with practical daily routines that will unleash your true spiritual self Join New York Times best selling author and internationally renowned teacher and intuitive guide Sonia Choquette as she reveals a simple four step plan for achieving lifelong inner transformation In this revised and expanded edition of her book *The Power of Your Spirit* and distilled from more than 35 years of helping others get in touch with their true selves and discover their souls purpose Sonia provides profound yet accessible wisdom to those seeking to transcend the strictures of an ego driven existence and experience the joy and fulfillment of an intuitively guided Spirit driven life Illuminated with even more engaging and powerful stories of personal transformation from her life and practice than in the original version this invaluable book instructs seekers at all stages of their spiritual journeys how to directly tune in to their intuition Sonia also provides additional practical exercises and rituals including breathing techniques visualizations journaling questions and a step by step guide to setting up and using a personal altar to help us place our intuition at the helm of our spiritual quests and in the heart of our daily lives Whether you re just beginning to tap into your intuition or are already living in the flow *Tune In* offers a wealth of inspiration that will enable you to engage more deeply with your inner Spirit your authentic Self and live a more rewarding fearless and compassionate life

The Cancer Misfit Saskia Lightstar,2021-02-02 You ve survived cancer treatment now what *The Cancer Misfit* is here to support you when doctors friends and family have gone back to normal and assumed you can do the same It s a life raft to help you navigate life after cancer treatment to help you live better think better and feel better and show you how to embrace your new future After the treatment stops it can be difficult to know how to move on and many survivors feel stuck in limbo between who they used to be before the diagnosis and who they are today This is how Saskia felt when she was told the treatment was over she felt like a Cancer Misfit recovered physically but mentally and emotionally still healing Now Saskia shares the tools that enabled her to become the happiest version of herself she has ever known In these pages you ll find the truth that your best life and most beautiful self was not the person you were before your cancer diagnosis but the person you are today that you ve become even more powerful because of the hell you went through and that the greatest chapter of your life is here and now *The Cancer Misfit* will introduce you to the person you ve become as a consequence of the trauma you endured and help you to embrace your new life after treatment a life full of confidence happiness and peace

Empower Yourself Miranda Kerr,2022-06-21 When we have the courage to speak our truth no matter how difficult that may be we tap into the infinite power that lies within us Miranda Kerr The former Victoria Secret model and entrepreneur shares inspiring affirmations for becoming a healthier happier and more confident you Following the overwhelming response to her first book *Treasure Yourself* Miranda Kerr continues to explore similar themes of self love and positivity in this moving follow up Miranda is a

mother a world famous model and the co founder of her own skincare company but the road to success has not always been easy She understands how challenging it can be for women to feel empowered in all areas of life but she also knows that it is possible to achieve just that In *Empower Yourself* Miranda explains how using positive affirmations has allowed her facilitate meaningful changes in her own life and in the lives of others Touching on wellness relationships happiness and so much more she shares over 250 personal affirmations that can help you feel more empowered than ever before *The Dangerous Philosophies of Michael Jackson* Elizabeth Amisu, 2016-09-26 An essential companion to Michael Jackson's music films and books this work offers 21 original academic essays on all things Jackson from film music and dance to fashion culture and literature Going well beyond the average celebrity biography this comprehensive book looks at why Jackson is regarded as one of the most important musicians of our time offering insights into every facet of his art life and artistic afterlife It looks at the methods by which his work was created presented received and appropriated discusses Jackson's varied personas along with his public and private appearances albums conceptual art short films and dance and considers his use of costume makeup and reinvention To help readers understand the phenomenon that was and is Michael Jackson the book focuses on Jackson's historical context through an analysis of his films songs and books examining him as an artist and shedding light on the political and ideological debates that surrounded him Not shying away from the controversial aspects of Jackson's life and legacy it also tackles questions of sexuality and racism gender and class comparing Jackson to artists ranging from J S Bach to Andy Warhol Through its examination of Jackson's entire catalog the work connects all the aspects of his art and life to exemplify and explain the performer's unparalleled influence in the 20th and 21st centuries **Higher Purpose** Robert Holden, Ph.D., 2023-11-07 Why are you here What is life for What are you meant to do Robert Holden helps you go from looking for your purpose to living it Hint It's not just about you The best book on purpose I've ever read Accept this invitation to awaken to the very reason you're here on Earth Mike Dooley New York Times best selling author of *Infinite Possibilities* and *Life on Earth* How do I find my life's purpose In the 10 year run of Robert Holden's call in radio show *Shift Happens* his listeners asked that question more often than any other by far It seems everybody is looking for their purpose and yet we all struggle to recognize it and live it In the paperback edition of *Higher Purpose* Holden takes readers on an epic journey of self discovery that includes the hero's journey with Joseph Campbell Carl Jung's work on true vocation Victor Frankl's search for meaning a pilgrimage with St Francis of Assisi the poetry of Wordsworth and Rilke and much more The journey has four stages The Call explores the calling inside you to live a more meaningful life The Path helps you to realize what inspires you what brings you alive to follow your joy and to do more of what you love The Ordeal tackles the inner blocks the road of trials and challenges you must overcome to live your higher purpose The Victory encourages you to not betray yourself to sing your whole song and to keep on saying YES to your soul's high adventure In *Higher Purpose* Holden explores three distinct levels of purpose your unique purpose a shared purpose and the greater purpose of life He offers inquiries meditations and

journaling exercises to help you live your purpose every day And he shares stories from his own life and conversations with a host of remarkable people Maya Angelou Louise Hay Jean Houston Matthew Fox Robert Thurman Caroline Myss Andrew Harvey Wayne Dyer Oprah Winfrey and more I hope Robert Holden s beautiful books like this one keep reaching more and more people and aid their heart to unfurl Daniel Ladinsky author of The Gift and The Subject Tonight Is Love

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