

Susan Jeffers

By the author of the bestselling
FEEL THE FEAR AND DO IT ANYWAY

— THE —
FEEL THE FEAR
GUIDE TO...



LASTING LOVE

"No matter the state of your relationship, you will be transformed by what you read." Deepak Chopra, author of *The Book of Secrets*

The Feel The Fear Guide To Lasting Love

Andrea Joy Cohen M.D.



The Feel The Fear Guide To Lasting Love:

The Feel the Fear Guide to Lasting Love Susan J. Jeffers, 2005 The Feel the Fear Guide to Lasting Love speaks to everyone of us whether we re in a troubled relationship looking for the right mate happily partnered or considering whether to move on it shows us how to push through the fear and negativity that erode relationships and embrace a life affirming approach to love

Feel the Fear Guide to Lasting Love Susan Jeffers, 2010-12-15 *Guide to Lasting Love* Reta Faye Walker, 2025-05-22 Your Love Is Meant to Last We just don t understand what happened It was so good in the beginning For master certified relationship counselor Reta Faye Walker this confession has been a repeated theme from disconnected couples for over twenty years Deeply informed by her own experience of divorce Walker knows that when a couple begins to anguish over the good times of the past their relationship has reached a critical juncture It s likely time to make the most important decision of the rest of their lives exit and seek a new temporary romance or engage in authentic conversation fueled by daring openness deep listening emotional insight endless curiosity and a desire to overcome any obstacle together Understanding that many people hold a fairy tale picture of love as a pretty lie built on the fickle recollection of honeymoon ecstasy Walker shows us how building a foundation of understanding can help lead to true lasting love that grows richer by the day In *Guide to Lasting Love A Therapist s 21 Day Program to a Fulfilling Relationship* Walker teaches couples how to Move away from destructive criticism and toward constructive empathy Surmount the difficulties of personality differences and enjoy their rewards Effectively reduce their stress through team cooperation Investigate their unconscious agenda in order to set more reasonable expectations Reinvigorate intimacy with out of the box thinking Now happily married with credit to her own relationship strategies Walker knows firsthand that just because bonds break does not mean they are meant to be broken they re just waiting for the real conversation and the possibility for love s lasting return to begin

The Smart Couple's Guide to the Wedding of Your Dreams Judith Sherven, James Sniechowski, 2010-10-06 Written with both the bride and the groom in mind The Smart Couple s Guide to the Wedding of Your Dreams offers hands on practical and sound steps for the couple to take together Filled with first hand accounts exercises and helpful evaluation points The Smart Couple s Guide to the Wedding of Your Dreams offers romantic yet reasonable advice about how readers can debut their style as a couple and at the same time honor their family and religious traditions to set the stage for a loving happy and long marriage

Dare to Connect Susan Jeffers, 2017-10-02 We all want to be liked or loved and feel close to our partners friends and colleagues What we don t always know is how to make that connection In this empowering book Susan Jeffers gives us the insights and tools we need to end our loneliness and create a sense of belonging everywhere we go Dare to Connect is for everyone who has ever asked Why do I feel so nervous when I walk into a room full of strangers Why do I feel lonely even though I m surrounded by people Why do I feel so alienated from my husband wife lover Why is it the hardest to approach the person I m most interested in meeting With wisdom and humor Susan Jeffers shows you how to enjoy the wonderful

relationships you deserve Dare to Connect takes the reader on a powerful journey from fear and alienation to love and empowerment I highly recommend it Dr Susan Forward author of Toxic Parents Men Who Hate Women and the Women Who Love Them and Emotional Blackmail A book that we can all benefit from Louise L Hay **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 **Shift Happens!** Robert Holden, Ph.D.,2011-09-01 When you change your life your life changes Two caterpillars were crawling along a tree branch one day when a butterfly flew overhead One caterpillar said to the other You will never get me up in one of those things Shift Happens is about personal alchemy and inner transformation Some people go through life and other people grow through life Shift Happens celebrates your unlimited potential to grow blossom and evolve in spite of everything It is a book of hope The term personal alchemy describes the ability to take a piece of dirt roll it around a few times and fashion it into a pearl This is what an oyster does Personal alchemy is what your grandmother called turning lemons into lemonade It is what old wizards described as turning straw into gold Shift Happens is about staying open all hours for miracles Success love and happiness are only ever one thought away at most One new perception one fresh thought one act of surrender one change of heart one leap of faith can change your life forever Discover How to choose happiness and allow yourself to relax The route to forgiveness and releasing yourself from past traumas Harness stress to take you to new heights of success How to develop trust and let go of your fear Kickstart change in your life today

Of Fear Itself Curt Christian,2019-11 How do you deal with your fears Or do you Are you one of the multitudes of persons whose fears do the dealing Have you ever taken the trouble to get to know the most common and yet perhaps the least understood animal emotion Take a little trip through these pages You may find that fear isn't quite the enemy imagined You may find that it's actually a valuable companion that requires proper exercise not exorcism Kurt Vonnegut wrote We are what we pretend to be Could it really be that simple If we pretend to be unafraid could our fears just melt away As one of the

leading writers of the Victorian era Mary Ann Evans more widely known as George Eliot is often credited with once having said It is never too late to be who you might have been What will you pretend to be Paperback available from LULU com

A Blessing in Disguise Andrea Joy Cohen M.D.,2008-01-02 Today s greatest luminaries generously share personal stories about their most challenging experience and provide the healing wisdom that helped them emerge fortified with inner peace strengthened faith and a deeper understanding of life Features pieces by Dean Ornish Rachel Naomi Remen Bernie Siegel Joan Borysenko Harriet Lerner Belleruth Naparstek Stephen Levine Martha Beck Dharma Singh Khalsa Daphne Rose Kingma David Whyte Anne Wilson Schaef And Others *Fear* Ranulph Fiennes,2016-10-06 Explorer and adventurer Sir Ranulph Fiennes explores the concept of fear and shows us through his own experiences how we can push our boundaries in everyday life Sir Ranulph Fiennes has climbed the Eiger and Mount Everest He s crossed both Poles on foot He s been a member of the SAS and fought a bloody guerrilla war in Oman And yet he confesses that his fear of heights is so great that he d rather send his wife up a ladder to clean the gutters than do it himself In FEAR the world s greatest explorer delves into his own experiences to try and explain what fear is how it happens and how he s overcome it so successfully He examines key moments from history where fear played an important part in the outcome of a great event He shows us how the brain perceives fear how that manifests itself in us and how we can transform our perceptions With an enthralling combination of story telling research and personal accounts of his own struggles to overcome fear Sir Ranulph Fiennes sheds new light on one of humanity s strongest emotions

Decoding **The Feel The Fear Guide To Lasting Love**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Feel The Fear Guide To Lasting Love**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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