



How to Choose Love When You Just Want to Slap Somebody

By Diane L Haworth

Balboa Press, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.You feel angry, frustrated, overwhelmed, and alone: you know there s another way-another choice; way to be in the world; way to feel calm, happy, and excited about life. But how? Choose love. How to Choose Love When You Just Want to Slap Somebody uses humor, real-life stories, and exercises to help you understand where you get stuck, and to help you understand how to get unstuck by consciously connecting to the energy of love. Each chapter offers fast, easy exercises that allow you to choose love and bring more joy into your life: Discover techniques to help you relax and open to love Understand how to harness the power of gratitude Explore methods to release past hurt, grief, and sadness Identify how the universe is working on your behalf Recognize how your thoughts create your reality Diane Haworth is a profoundly gifted new author. I cannot recommend this book highly enough. It is a true gem in its genre, and a must-read for anyone who is seeking to better their lives. -Dr. Todd Michael, artist, author...

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