



10 Universal Rules of Love Plus One: Guiding Principles to Understanding the Fundamentals of Love (Paperback)

By Dr Stephanie Gray

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. 10 Universal Rules of Love - Plus One gives a fresh perspective on the journey to self-love. Through real life and comedic examples, this book provides guiding principles that will help you to navigate through self-defeating habits to a sustained healthy self-love; and ultimately to love with others. 10 Universal Rules of Love - Plus One will: - Engage you in thought provoking introspection about your emotional habits - Help you understand the science of love - Clearly define and show you how to identify, the difference between being In Love vs. being Infatuated - Give you actionable steps to forgiving yourself and others - Give you guide posts to establishing and maintaining healthy relationships with others and even knowing when to let go The 10 Universal Rules of Love - Plus One seeks to guide you through your process support system selection, coping with past hurts, expectations you have of yourself and others, as well as other important components of your love habits; then shine a light on unhealthy love habits, and give you actionable steps to eliminate unhealthy habits, and replace them with healthy ways of thinking...

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