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LOVE'S WAY: The Union of Body, Ego, Soul and Spirit

Brenda Schaeffer

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LOVE'S WAY: The Union of Body, Ego, Soul and Spirit Brenda Schaeffer
In this celebratory book, Dr. Schaeffer transports us beyond her best-seller, *Is It Love or Is It Addiction?* and makes clear that love is not an addiction. But "what is love?" Exploring the pain, perils and pitfalls of relationships in our time, grounding herself in extensive clinical experience with love addiction and other disorders of loving, she cracks the mystery of love wide open. Through an enlightened series of "Memos from Love", that came to her in quiet meditation, the book became much greater than her original vision and took on a life of its own. *Love's Way* soars beyond psychology to become the first guide to modern love that does full justice to the power, beauty, mystery, and omnipresence of love itself. With compassion, it reminds us how trauma, betrayal, and the loss of innocence leave our hearts raw, wounded and closed to a love that is right at our fingertips.

Love speaks to us directly in this book, and its voice is strong. Besides telling us what love is and is not, love offers body, ego, soul and spirit challenging assignments that assure a vibrant love life and walk us into the 21st Century. Chock-full of modern insight, ancient wisdom, and stories and poems that range from consulting room accounts to the ecstatic songs of Rumi, *Love's Way*, will convince readers that whether or not they are in a relationship, they are definitely "in love"-already caught up in love's transforming power. Exercises at the end of this philosophical and profoundly satisfying book add the practical element needed to take love to the streets. For people who have become disconnected from the joys of the heart, this phenomenal book by Brenda Schaeffer is a must read.

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