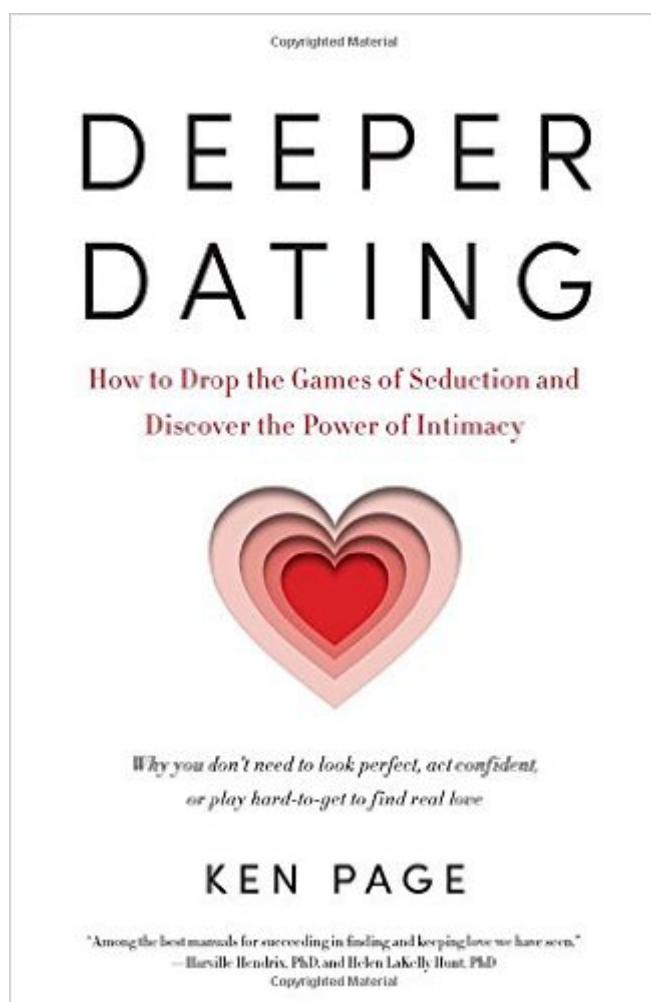


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Deeper Dating: How To Drop The Games Of Seduction And Discover The Power Of Intimacy



Synopsis

"Among the best manuals for succeeding in finding and keeping love we have seen."â "Harville Hendrix, PhD and Helen LaKelly Hunt, PhDA program that not only leads to healthy relationships but that also steers us toward our own potential greatnessâ "from well-known psychologist and relationship expert Ken Page. Â Â Â Â Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love, it leads to insecurity and desperation. In Deeper Dating, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist--and out of his own personal struggle to find love--Page teaches that the greatest magnet for real love lies in our "Core Gifts"--the places of our deepest sensitivity, longing, and passion. Deeper Dating guides us to discover our own Core Gifts and then teaches us to extricate these gifts from the wounds that keep them buried, empowering us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we really are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer. Deeper Dating integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

Book Information

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Customer Reviews

A series of events led me to this wonderful book. At the turn of this year, I finally felt the longing for a meaningful relationship. I decided to pursue that with all my intention. But of course, life takes your

plans and twists them in unexpected ways. After a recent breakup, brief but potent, I chose self reflection. Oddly enough, it was the wisdom that I learned from the man who no longer wanted a romantic relationship with me that sparked my new quest. He pointed me to a popular self help blog, Marc and Angel Hack Life. Confused and angry, I nonetheless devoured that blog. I read the book that the authors had written. Then I was brought back to Ken Page. My former therapist a few years ago when I was struggling with coming out and embracing my emotions, Ken came back into my life in the form of a social media post promoting his new book. I downloaded the sample & then got the book. And I was stunned. Deeper Dating helps one understand that in order to find love, we must tap into our own source of love. We must find, appreciate, and honor our core gifts. We must connect with our source of love. Then, we can take active steps to cultivate deeper & more meaningful attractions and relationships. I've read Deeper Dating and I have adopted the core principles into my life. The micro meditations described in the book are truly astounding, and difficult as they help you access deep parts of your core. If you seriously want to get in touch with yourself, discover your source of love, and improve all your relationships, then this book is a must read. I am ever thankful to Ken for his work just as I am for my former love interest. Sometimes, the greatest lessons come from great pain.

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