In Love for No Reason, transformational expert Marci Shimoff offers a breakthrough approach to experiencing a lasting state of unconditional love—the kind of love that doesn't depend on another person, situation, or romantic partner, and that you can access at any time and in any circumstance. This is the deepest and truest form of love and is the key to lasting joy and fulfillment in life. Like her New York Times bestselling book Happy for No Reason, this compelling and life-changing book draws on cutting-edge scientific research, ancient, time-tested wisdom from cultures across the globe, interviews with 150 experts (Love Luminaries), and practical, proven tools and techniques. Love for No Reason provides a revolutionary 7-step program that will open your heart, make you a magnet for love, and transform your life. You’ll learn how to: Open your heart fully and experience a profound and lasting love from the inside rather than needing to get it from the outside Bring more love to your family, friends, community and the world without overgiving and burning out Feel unconditional love for yourself and stop beating yourself up, criticizing and condemning yourself. Turn off your body’s stress response and activate the physiology of love to improve your health and well-being. Make your romantic relationships more fulfilling. Experience more success and satisfaction at work. Respond with love even to the things that you find most challenging in your life. Break through the boundaries that block love’s flow—including past negative experiences, limiting beliefs about love, judgments and self-doubt. Connect to that state of unconditional love inside that will make you naturally more loving and draw more love into your life. This is love at its highest and best – it's what people want most deeply and it's what the world needs most urgently. Whatever your experience of love is right now—whether you’re in pain or feeling great—you can learn to love at a higher level starting today!

My Personal Review:
Love for No Reason: 7 Steps to Creating a Life of Unconditional Love by Marci Shimoff and Carol Kline exceeded my expectations. The book details how to love oneself and others...unconditionally. You know...like the great Masters have done. Buddha, Gandhi, Jesus, Meher Baba (lesser known, but he coined the phrase, Don’t worry, be happy.)

You might be thinking, well, the masters achieved unconditional love, but how can I? Before reading this book, the closest I came to experiencing someone who is about unconditional love is with my spiritual teacher. I was on a weekend retreat, and we were in silence. We were to hug and look at each other in the eyes...when my teacher hugged me, I actually felt the heat from her heart against me! Her eyes were pure love looking into me. I never thought I could reach that stage of development.

Until now.

This book aims at showing us how to live in the state of unconditional love all the time. Shimoff writes: When you love and accept yourself completely, your old patterns of beating yourself up, criticizing and condemning yourself dissolve. Instead, your appreciation of others and your fulfillment in life grow.

Shimoff herself was challenged in finding love while writing this book, as she both divorced her husband and lost her beloved mother. But her research--she interviewed 150 people who had found unconditional love and the empirical evidence backing up findings on love--helped her discover love herself.

One of the key issues is that most of us are looking for love outside ourselves when unconditional love lies within. The cool thing is, Shimoff’s research reveals how to make unconditional love happen within us.

Part I lays out a new paradigm for love. You will learn how to set your love-body to receive love.
Part II is the how to and includes many inspiring stores.
Part III is about keeping higher love in your life everyday and channeling it to help make the world a better place for all of us to live.

Love is at the highest continuum....with fear and hatred at the lowest. Love is powerful stuff and this book will help you claim it.

One last note even though I am finding the advice in this book to be doable, it is by no means simple to change. I think we can all use more help. So when I read about Shimoff writing about how many of us eat empty, nutrient-depleted foods and live in environments with toxins that poison us, immediately thought about two of my favorite books to help. Mark Bittman’s THE FOOD MATTERS COOK BOOK will teach you how to prepare delicious, nutritious foods that will help you feel physically and emotionally better. To clean up your environment and make it a sanctuary
and make yourself feel good, read: HARMONIOUS ENVIRONMENT: BEAUTIFY, DETOXIFY & ENERGIZE YOUR LIFE, YOUR HOME & YOUR PLANET.

Highly recommend. A powerful book!

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- 5 Star Customer Reviews and Lowest Price!