

Healthy Love

My Top Ten Books For Healthy Love.

#1

Love Without Conditions, Paul Ferrini.

This is the spiritual bitch-slap we all need on what love really is. And, of course, it's a channeling from Jesus. Love is not about being a door mat... love is powerful, inclusive of self, and love even can say, "no."

#2

Healing Our True Self, Paul Ferrini.

Healthy Love starts with healthy love toward self. This is one of the best books on inner healing!

#3

Non-Violent Communication, Mitch Rosenthal

If you have any challenge with communication, THIS is an essential read. I often work with clients on the basics taught in this book: identify feelings, needs and requests. It's a game-changer!

#4

Getting The Love You Want, Harville Hendrix

Creator of IMAGO work. This work is the keystone to identifying your wounded love blueprint. I do this work with each of my Healthy Love clients/students as it is PIVOTAL understanding.

#5

The Power of Attachment, Diane Poole Heller

Wanna get nerdy and truly understand why you're so anxious or avoidant within your relationships? This is an ESSENTIAL tool in self-understanding, and Diane Heller writes with incredible compassion.

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#6

Conscious Loving, Gay & Kathlyn Hendricks

A terrific read on the dynamics of a conscious partnership, with many exercises to explore. I actually have their co-commitments written on my fridge for Marco and I to see daily!

#7

The Five Love Languages, Gary Chapman

This simple book is legendary. It helps you to understand how you love and what you need to feel loved (same goes for your partner).

#8

Finding True Love, Daphne Kingma Rose

This is a beautiful, soul-centered book on calling in the one. Bonus: ANY of her books are gold!

#9

Cosmic Love, Jan Spiller

When you're ready for the mystical, this book unpacks how your Astrological North Node impacts your relationship. Plus, Jan Spiller is the Queen of Astro (before Chani was even born!).

#10

Dear Lover, David Deida.

For Women, this book will help you understand that your feminine expression is beautiful and so desired by the masculine. Don't hide it... learn to fully BE it.

Hey, have you signed up for the Healthy Love Virtual Course?

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