



Expect a Miracle: 7 Spiritual Steps to Finding the Right Relationship

Kathy Freston

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The miracle of a wonderful partnership awaits each of us. All we have to do is close our eyes and open our minds....

The search for the love of our lives is one we've all experienced. Those of us who feel we just can't find what we're looking for often get stuck in a rut of negative beliefs, unfulfilled needs, and blame. Instead of looking within ourselves to discover who we truly are and what we desire, we often look to someone else "out there" to make us happy and whole. We bury our true needs, play games, and try to be someone we're not. The result is that we keep playing out the same unhealthy pattern, attracting more of what we don't really want, bringing ourselves only more frustration, loneliness, and pain.

Meditation counselor Kathy Freston has been through that vicious cycle herself--and finally broke free. In this honest, compassionate, and wise book, she illuminates the path to greater self-awareness--and the real love we all crave. Not a pat book of "dating advice" or a guide to manipulating others, *Expect a Miracle* is a wholly new kind of guide to the search for a great relationship, one that puts the focus back where it belongs: on our own personal transformation. Using principles from Eastern philosophy, meditation, A Course in Miracles, twelve-step recovery, and psychotherapy, the book helps us to become magnetic to the perfect relationship that awaits us.

With exercises, meditations, inspiring real stories, and the warm candor of a wise friend, *Expect a Miracle* is a positive, practical, and powerful book for all of us who are still looking for that one great love--the one that starts with a spiritual journey within.

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