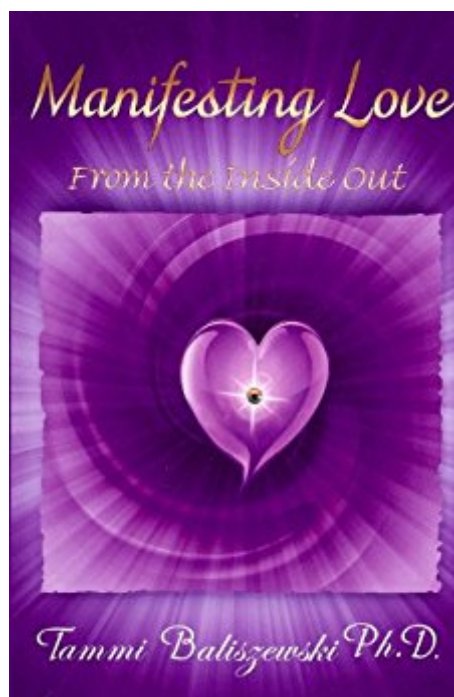


The book was found

# Manifesting Love From The Inside Out



## Synopsis

We all have a yearning for love but relationships can often be confusing and fraught with drama. In this honest, clear and brilliant book, Tammi Baliszewski, Ph. D. supports the reader in understanding the most important aspects to successful relationships are internal. With a blend of spirituality and psychology, this self-help book serves as a guide to support the reader in attracting a conscious, loving, committed partnership. It is also a highly effective tool to deepen, heal and expand a current partnership.

## Book Information

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Counseling & Psychology > Mental Health > Depression

## Customer Reviews

I've had Tammi's books on my Kindle for a bit, & decided to finally get around to checking them out. While I likely should have read the prosperity book first (ha!!) - I opted for 'Manifesting Love From the Inside Out' first (cause hey, it would be nice...but anywhoo...) On a certain level, I was expecting a 'law of attraction/'get' a mate type of book, where I'd recite a litany of perfect qualities of this (external) person, describing in detail, etc. - about my soulmate, who would magnetically show up on the prowess of my manifestation skills in crafting my incantations. Wrong, wrong, wrong -& I'm really humbled. It's about becoming from the inside, not 'getting' something from the outside. Using

sound, sensible insights & simple exercises that I'm finding illuminating & humbling - the book teaches that you have to go within, confront, rectify, & accept your stuff, to be the person who can accept the right person for you, by first accepting yourself (while being honest & willing to work through your stuff). She presents this far more elegantly, and adds her own life walk, candidly admitting her own challenges (which made me feel better/less queasy, & braver/more accepting of the idea of opening my own Pandora's boxes of personal weirdness). Why I'm compelled to write: the approach, discussion, & exercises (simple, but make you DO something and are illuminating!) are completely in sync with my therapist's recommends. He's a well-respected, very reputable EMDR trauma therapist (took over a year to get off the waiting list & into his practice), who will actually stop you, assess, give immediate feedback (even confront) & lead you to understand your stuff (vs.

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