

# **12 Steps to Everlasting Love**

Dr. Ava Cadell

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#### 12 Steps to Everlasting Love Dr. Ava Cadell

Jumpstart your love life by taking the steps that will help you find and keep your life partner. 12 Steps to Everlasting Love is also the perfect gift for friends or family members looking for that special someone! This prescription for love includes sections on:

- · Defining everlasting love
- · Reviewing past relationships
- · Breaking down the walls
- · Raising self-esteem
- · Appreciating qualities you bring to a relationship
- · Determining the qualities you are looking or
- · Finding your everlasting love
- · Approaching and maintaining communication
- · Evaluating your dating expectations
- · Making your partner feel good about him/herself
- · Learning how to fulfill your lover's needs
- · Committing yourself to everlasting love

12 Steps to Everlasting Love also includes a 30-Day Action Workbook with exercises to help you:

- · Attract potential soul mates
- · Conquer your fears of rejection
- · Enhance self-worth
- · Improve communication skills
- · Discover how to move out of the past and into the future
- · Break down the walls to finding everlasting love
- · Take control of your own needs by focusing on your inner power
- · Find and maintain everlasting love

Everyone is looking for everlasting love, and Dr. Ava's 12 Steps to Everlasting Love works for both men and women alike, regardless of age or cultural background.



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