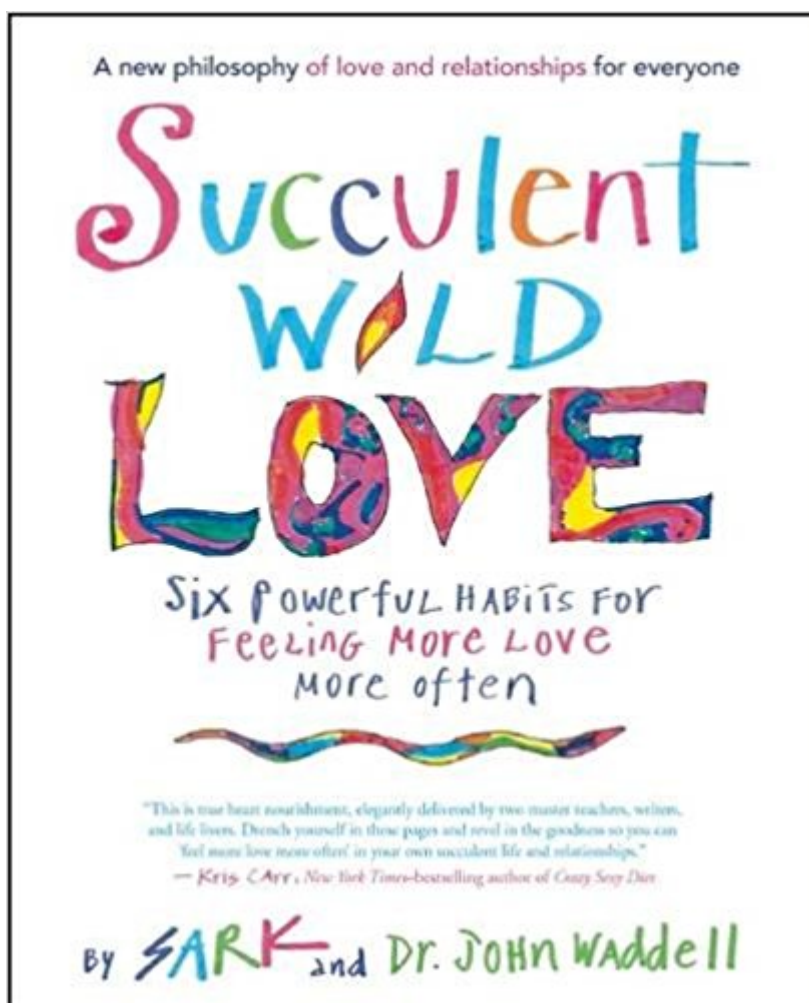


The book was found

Succulent Wild Love: Six Powerful Habits For Feeling More Love More Often



Synopsis

A new philosophy of love and relationships for everyone Relationships do not require compromise or sacrifice You can create joyful solutions instead SARK has made a career out of sharing her personal, journal-like writings and art, and inspiring others with her vulnerable and honest journeys toward self-acceptance. She has helped her legions of fans craft lives filled with joy, creativity, and self-love — and she even married herself in a “statement of self-liberationâ • described in Succulent Wild Woman. And yet SARK had one big secret wish: overcoming her fears to commit to an intimate life partnership. So she embarked on a “Covert Love Operation,â • and, after much soul-shaping, it culminated in her meeting psychologist and spiritual teacher Dr. John Waddell — and discovering Succulent Wild Love. They now teach and mentor together using the principles in this book — six powerful habits that can transform any relationship or open you to create the partnership you want. Over 175 pieces of SARK original art included

Book Information

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Customer Reviews

I've pretty much avoided books about "relationships" until this one. Who can resist Succulent Wild Love? When SARK (Susan Ariel Rainbow Kennedy) met John Waddell, he was a widower whose wife Jeanie had died in 2011. John opened to loving again and saw that Susan was a woman who wanted to give and receive love. John proposed in 2014, Susan said yes and they planned to marry when they finished the book. In the meantime, they "married" their principles and processes to offer a very positive outlook on personal relationships as well as the relationship you have with yourself.

(Susan married herself in 1997 and wrote about it her book Succulent Wild Woman.)She is very honest about her longing for a "great love" and her fears and anxieties about it.As Succulent Wild Love can be read out of order, I opted to start with chapters 12 and 23 because I'm "basically happy" in my relationship.In Chapter 12, "Joy-full Solution Creating," Susan and John recommend experimenting without asking for the other person's help. Susan and John call this a Joy-full Solution, that is, thinking about a decision by determining what you want and then imagining yourself in the other person's shoes. They suggest trying this first with something simple (like the choice of a movie) rather than a complex issue where the emotional stakes are high.In Chapter 23, "Actively Loving," I appreciated the list of "Ways to Consciously Increase Your Feelings of Love." This one is among them: "We keep a positive vision of ourselves and of the relationship, and when we don't feel that way, we do our inner work and ask for support from each other, or someone else, as needed.

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