

The One



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With the hardcover publication of *The One*, Kathy Freston joined a select group of relationship experts who achieve recognition on a national stage. Appearances on *The View*, *CBS Early Show*, and a feature on *Oprah.com*, along with her unique message and dynamic personality, have helped to establish her reputation as the ultimate expert on finding and keeping love in relationships. In these pages, Freston teaches us to identify and nurture the penetrating bliss of "soul mate love," a mystical partnership that exposes us to the most universal life lessons. With soul mate love we learn to

recognize the divine spirit in each of our hearts and go beyond the self so that two in a relationship truly can become One. The One is calling us -- Kathy Freston will show us how to answer.

作者介绍:

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