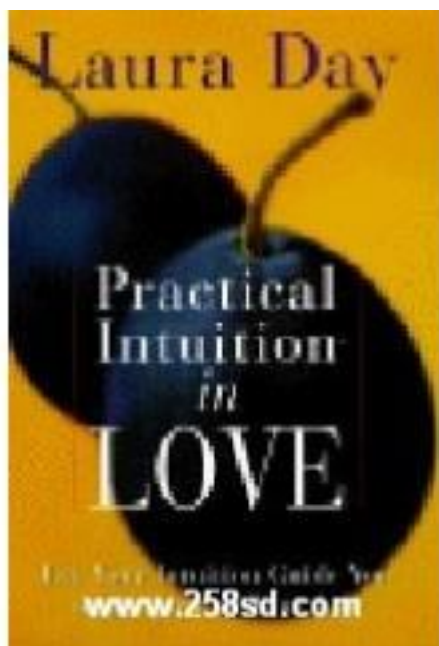


Practical Intuition in Love: Start a Journey Through Pleasure to the Love of Your Life



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著者:

出版者:

出版时间:

装帧:

isbn:9780060175788

From Publishers Weekly Taking yet another look at using intuition in daily life, Day (Practical Intuition; Practical Intuition for Success) focuses here on personal relationships. She offers useful guidance "not only for attracting what you want, but also for discovering what it is you want in the first place." Day leads readers through "six simple steps" (which she repeatedly insists must be studied and practiced in the order given) for doing so: finding your "state of pleasure," setting your goal, making space in your life for love, building a network of friends and supporters, using relationship skills daily and maintaining boundaries and individual identity within the

context of a romantic relationship. Although it's often easy to overlook how intuition figures into her advice, Day does supply occasional nuggets of insight into consciously using intuition throughout this process, including using mental telepathy for creating positive energy between people, asking yourself "intuition questions" and perceiving intuitive answers and information. Day is often redundant, padding each chapter, for example, with a superfluous "love byte" in which she summarizes and even repeats her main points verbatim. Including many exercises and personal stories from her workshops, however, Day offers sound general advice with just a touch of elegant insight. Major ad/promo; simultaneous HarperAudio. Copyright 1998 Reed Business Information, Inc. From Library Journal Day's previous books, Practical Intuition (LJ 10/15/96) and Practical Intuition for Success (HarperCollins, 1997), have been translated and featured on both Oprah and the Today show. Day sticks to her pro-intuition stance in her latest book, showing how intuition can help you find a mate or be a better one. Some of her claims may make mainstream audiences a little leery?she recommends telepathy as a good communication tool?and some of the exercises and rituals she promotes can seem a little precious. For example, she mentions a "love group" that meets monthly so that its members can support each other in the search for love: "One person brought a heart-shaped soap for each person and wrote a morning bathing ritual for everyone to perform each day." These caveats aside, the popularity of the author and her topic makes this a book public libraries will want to consider.?Pamela A. Matthews, Gettysburg Coll. Lib., PA Copyright 1998 Reed Business Information, Inc. See all Editorial Reviews

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