



Loveability

By Robert Holden Ph.D.

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“Love is your destiny.
It is the purpose of your life.
It is the key to your happiness and
to the evolution of the world.”

Loveability is a meditation on love. It addresses the most important thing you will ever learn. All the happiness, health, and abundance you experience in life comes from your ability to love and be loved. This ability is innate, not acquired.

Robert Holden is the creator of a unique program on love called Loveability, which he teaches worldwide. He has helped thousands of people to transform their experience of love. “Love is the real work of your life,” says Robert. “As you release the blocks to love you flourish even more in your relationships, work, and life.”

In *Loveability*, Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love. With great intimacy and warmth, he shares stories, conversations, meditations, and poetry that have inspired him in his personal inquiry on love. Key themes include:

Your destiny is not just to find love; it is to be the most loving person you can be.

♥ ♥ ♥ ♥

Self-love is how you are meant to feel about yourself. It is the key to loving others.

♥ ♥ ♥ ♥

When you think something is missing in a relationship, it is probably you.

♥ ♥ ♥ ♥

Forgiveness helps you to see that love has never hurt you; it is only your misperceptions of love that hurt.

♥ ♥ ♥ ♥

The greatest influence you can have in any situation is to be the presence of love.

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Editorial Review

About the Author

Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called “Shift Happens.” He was also featured in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy. His corporate clients include Dove and its Campaign for Real Beauty. He is author of Happiness NOW!, Shift Happens!, Authentic Success (formerly titled Success Intelligence), and Be Happy. Robert hosts a weekly show on Hay House Radio called Shift Happens! He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

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