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Love life book download

Finding love can be challenging, but with the right mindset, it's possible. In "Love Life," Matthew Hussey, a renowned coach and New York Times bestselling author, provides a practical guide for overcoming past relationships, fear of getting left behind, and finding true love. The book delves into common patterns that lead to self-sabotage and offers strategies for adopting new standards, communicating effectively, and building deep confidence. Hussey shares his own experiences, vulnerabilities, and mistakes, highlighting the importance of self-love and awareness in navigating relationships. He emphasizes that love isn't a solution to problems, but rather a doorway to them. By exploring the deeper issues our love lives reveal, Hussey aims to help readers find their love for life, regardless of their relationship status. The book addresses questions such as what happens when we date, fall in love, or face loneliness, and how we can overcome fears and anxieties that hold us back. It offers a roadmap for taking control of our major relationships - with others, ourselves, and life itself - to elevate the joy in our lives. Your Standards, Find Your Person, and Live Happily (No Matter What) is set to release on April 23. The book is penned by Matthew Hussey, who has gained widespread popularity for his love life advice on YouTube. He runs a top-ranked channel with over half a billion views, hosts the podcast Love Life With Matthew Hussey, and offers monthly coaching at LoveLifeClub.com. Over the years, his approach has inspired millions to find love while feeling confident and in control of their happiness. One reviewer shared mixed feelings about the book, stating that it was more an autobiography than a self-help guide, which left them disappointed. They criticized the book for being self-aggrandizing, with too much focus on Matthew's personal experiences rather than practical advice. Another issue was its chaotic structure, making it hard to follow. A different reviewer, however, had a positive experience with the book. They pre-ordered it and were thrilled with the release. They praised Matthew Hussey for helping them navigate their own love life and expressed excitement about the new book. This book has completely changed the way I think about love and damaging relationships over the past decade, especially after working with Dr. Ramani who is an expert in narcissism and has a new book out! I knew I was being mistreated, but didn't know how to deal with it. He's taught me what healthy relationships look like, how to spot patterns, raise my standards, and when to leave - even if it's the last thing you want to do. He feels like a coach, counselor, or mentor guiding me in the right direction, affirming my feelings, and reminding me that dysfunction doesn't have to be my love story. This book is full of depth, wisdom, and heart, written in a unique way that speaks directly to your relationship with yourself and the patterns you consistently blame or re-enter. It's not just about relationships; it's also about self-love and growth. This person's first-ever review, unfortunately, is about how disappointed they were with Matthew Hussey's writing in his book. As a fan of Matthew's work for over a dozen years and having benefited from his advice on relationships, they expected more from this particular publication. However, it reads like a direct copy-paste from his video content, which made the experience tedious and felt like a waste of time. The reviewer appreciates the advice itself but finds the presentation lacking, suggesting readers just watch his YouTube channel instead for better engagement. Some things really resonated with me but most of the time I found myself thinking "is he being serious?" The way he describes heartbreak as a terrible experience is hard to imagine. It's weird because at first, he talks about how your perfect match will always choose you and if they don't then they're not right for you. After reading that I thought yeah that makes sense but then he goes into a whole chapter on surviving a breakup like it's actual warfare. Maybe I'm being insensitive but every breakup I've been through has been pretty easy to see as a positive change in my life, especially when I look at it with the energy of his earlier statement about your perfect match choosing you. His stories about himself and the people around him were interesting and entertaining and I would read another book just like that. Sometimes I wanted to yell at him through the pages "we get it you're happy and married" but oh well. He did a good job connecting real life stories with his theories which makes him seem more credible. He's been doing this for a long time so he must know what he's talking about. I also appreciate when experts aren't afraid to consider other people's viewpoints in their work and he does that well by using other people's stories and giving them credit. Overall, I liked this book even though it didn't have much for me personally except the confirmation that I'm doing fine in life. --- Normally I would read a book like this and feel a little embarrassed about its self-help/romance guru topic but since I've set an ambitious reading goal this year I decided to own it. Years ago I saw one of the author's YouTube videos and was struck by how clever and straightforward it was. Although his worldview is different from mine and he has the typical British affinity for f bombs, I can tell that he's a person who has grown, matured and suffered. The book was still quite practical but I think its strength is that he's challenging the root of limiting beliefs and behaviors around relationships and singleness. I needed to hear several chapters and implement some exercises like the confidence matrix. --- Truly sensational, my 5 stars almost always represent those that anyone could enjoy and benefit from. "One of the greatest ways to be the author of magic is through a generosity of spirit. When we reach out to someone with a text or a call, recognize their potential, we show them that in a world moving at breakneck speed, there's someone who truly sees them, who is bearing witness to their journey. If you leave people better than you found them, you are a source of magic in this world. This is different from people pleasing, which is rooted in fear. It is giving love from abundance. And in giving love, we feel filled with it. We're no longer seeking it, we are it." --- I started listening to this book about a year ago and then stopped for a long time before picking it back up because I already had it on Audible and then ended up finishing it. I love his voice so would recommend it as an audio. This author has written an excellent self-help book on relationships that focuses not only on dating but also delves into the psychology of human behavior and emotional management. Although a bit lengthy, the book provides comprehensive insights into interpersonal relationships. The reviewer is a big fan of Matthew's work and thoroughly enjoyed the book, despite feeling like some concepts were already familiar to them due to their extensive exposure to his content. However, they still found valuable wisdom within the pages. One standout aspect of this book is its ability to strike a balance between relatable stories and tangible action items, making it an inspiring read that extends beyond just romantic relationships to life in general. The reviewer appreciates Matthew's approach to self-love and letting go, which resonated with them. While some readers may find the information presented to be based on the author's life experiences rather than scientific evidence, they value its practicality and effectiveness. Ultimately, whether or not this book is worth reading depends on individual preferences. Some might find it to be a valuable resource that sparks positive change at the right moment, while others might feel like they've already absorbed similar ideas from other sources, such as Matthew's YouTube videos. My kids are huge fans, I wish I had these resources sooner as they're a game-changer for a fulfilling life! As someone who's recently gone through a divorce in my 50s, I thought this book would be just another self-help lecture, but it blew me away. The author's insights are so refreshing and unlike anything else out there - it's like he understood exactly what I needed to hear. I had an epiphany while listening to the final chapter; suddenly, I felt excited about the possibilities for my second half of life! Other self-help books taught me what to do, but this one actually made me believe in what could be. It's a truly transformative experience that left me smiling and even shedding happy tears! Thanks to Matthew for sharing his incredible work with the world - it's clear he's made a real difference in countless lives, including mine.

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