



Love For No Reason: 7 Steps to Creating a Life of Unconditional Love

Marci Shimoff, Carol Kline

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What if you could live in a state of unconditional love all the time? If you could love people, not because they fill your needs or because they love you, but because you're connected to a state of pure love within yourself? What if you could bring the highest and best part of yourself to your family and friends, to your work, to your community, and even to the things that you find most challenging in your life? You can, when you learn to Love for No Reason.

In this compelling and life-changing follow-up to her New York Times bestselling book *Happy for No Reason*, transformational expert Marci Shimoff now offers a breakthrough approach to experiencing unconditional love—the kind of love that doesn't depend on another person, situation, or romantic partner. This is the deepest and truest form of love and is the key to lasting joy and fulfillment in life.

Love for No Reason introduces a new paradigm—love as an inner state of being that you can access at any time and in any circumstance. In this state, instead of trying to get love from the outside, you bring love to everyone and everything around you. Supported by the latest scientific research on the biochemistry of love along with ancient, time-tested wisdom from cultures across the globe, Shimoff offers a revolutionary 7-step program to develop and maintain unconditional love from the inside out.

Combining practical tools and cutting-edge methods, this program empowers you to bring an open heart and unconditional love to every aspect of your life, including your relationships with yourself, your family, your friends, and your work. You'll learn how to break through the boundaries that block love's flow—whether these are past negative experiences, limiting beliefs about love, judgments, or self-doubt. You'll also gain insights from Marci's interviews with 150 Love Luminaries—world-renowned scientists, spiritual leaders, psychologists, and other experts on love, as well as people living in the state of Love for No Reason in their everyday lives. Many of these people—including a Grammy Award-winning singer, a woman who has lost and gained over a thousand pounds, and a man whose loving actions have made him a national icon—share their extraordinary and moving personal stories.

Whatever your experiences of love have been in the past, you can begin to love at a higher level today. Love for No Reason is your essential guide. This one-of-a-kind book shows you how to strengthen the foundation of love within to become an unshakeable source of love for yourself and everyone around you.

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