

12 Steps to Everlasting Love

By Dr. Ava Cadell

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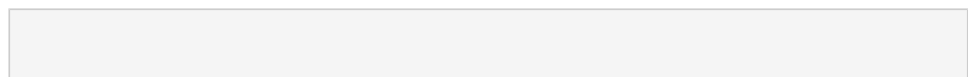
Jumpstart your love life by taking the steps that will help you find and keep your life partner. 12 Steps to Everlasting Love is also the perfect gift for friends or family members looking for that special someone! This prescription for love includes sections on:

- Defining everlasting love
- Reviewing past relationships
- Breaking down the walls
- Raising self-esteem
- Appreciating qualities you bring to a relationship
- Determining the qualities you are looking for
- Finding your everlasting love
- Approaching and maintaining communication
- Evaluating your dating expectations
- Making your partner feel good about him/herself
- Learning how to fulfill your lover's needs
- Committing yourself to everlasting love

12 Steps to Everlasting Love also includes a 30-Day Action Workbook with exercises to help you:

- Attract potential soul mates
- Conquer your fears of rejection
- Enhance self-worth
- Improve communication skills
- Discover how to move out of the past and into the future
- Break down the walls to finding everlasting love
- Take control of your own needs by focusing on your inner power
- Find and maintain everlasting love

Everyone is looking for everlasting love, and Dr. Ava's 12 Steps to Everlasting Love works for both men and women alike, regardless of age or cultural background.



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Editorial Review

About the Author

Cited as one of America's leading "Sexologists" by Cosmopolitan Magazine and sex guru of all gurus by Redbook Magazine, Dr. Ava Cadell is truly an extraordinarily accomplished woman. A highly sought-after speaker everywhere in the U.S. from Boston to Los Angeles and throughout Africa, Asia and Europe, Dr. Cadell's lectures on the topics of romance, relationships and sexuality consistently draw sell-out crowds. She lectures to churches of all denominations, professional and business groups, women's organizations, and universities.

Dr. Cadell has a Doctorate of Philosophy in Human Behavior from Newport University, California and a Doctorate of Education in Human Sexuality from the institute for Advanced Study of Human Sexuality in San Francisco. A Board Certified Clinical Sexologist and Hypnotherapist, Dr. Cadell maintains a private counseling practice in Los Angeles where she has assisted the Superior Court of Los Angeles County in educating defendants on sexuality and anger management.

She is a regular contributor to countless national television and radio shows, has hosted her own radio show, and is regularly featured in numerous chronicles and magazines. Dr. Cadell is the author of four books, Love Around the House, Confessions to a Sexologist, The Stock Market Orgasm, 12 Steps to Everlasting Love, and a couples enrichment program consisting of six one hour audiocassettes and workbook called Passion Power. Her mission is to promote the benefits of healthy and loving sex to individuals and couples around the globe.

Users Review

From reader reviews:

Mike Yerkes:

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Gary McIntosh:

12 Steps to Everlasting Love can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to set every word into satisfaction arrangement in writing 12 Steps to Everlasting Love although doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be considered one of it. This great information may drawn you into fresh stage of crucial considering.

Doreen Williams:

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