



The Choice for Love: Entering into a New, Enlightened Relationship with Yourself, Others & the World

Dr. Barbara De Angelis

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From the moment we are born and through every day of our lives, each of us is traveling on a mysterious, relentless, passionate, and sometimes perplexing journey in search of the experience of Love. Love, however, isn't simply an emotion, a behavior, or even the bond you feel with another person—it's a *supercharged, light-drenched, limitless vibrational field of infinite divine energy that is our essential nature*. The true search for love, then, must inevitably direct us within, where we discover that the love we've been seeking in countless ways has been inside of us all along.


The Choice for Love is the inspiring and revelatory new book from *New York Times* best-selling author and renowned transformational teacher **Barbara De Angelis, Ph.D.** Known for helping millions of people make profound shifts in their relationship with themselves, others, and spirit, *Dr. De Angelis* has written an eloquent, illuminating, and deeply compassionate guide for transforming your relationship to love and bringing more of it into all aspects of your life. She offers you invaluable wisdom and practical tools for healing, opening, and expanding your emotional *and* spiritual heart, and teaches you how to use love as the highest spiritual practice.

What is the *choice for love*? It is a revolutionary shift in your relationship with the energy of love itself. It invites you into a new, enlightened experience of love as a vibrational state of being. It isn't the choice for new thoughts about love, new attitudes about love, or a new philosophy about love. It's the choice to enter into the experience of your own unlimited love, and open to the unfathomable treasures that your heart holds.

When we think that love originates from the outside, we mistakenly believe that we need to wait until something happens to give us an experience of love. Dr. De Angelis explains that love isn't something we can actually "get" from anyone else. No one can give you any love you don't already have. *Love comes from the inside out.*

Now more than ever, in these unsettling times on our planet, we're each called to become a living remedy, to not fall in love, but to *rise in love*. *The Choice for Love* is a masterful and sacred pilgrimage of words whose enlivened wisdom will move you, awaken you, and liberate you to embrace, embody, and delight in more love than you ever imagined was possible.

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Virginia Warriner:

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