

Love and Romance

February 2024 Newsletter

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Happy Valentine's Day

If we are to believe the love songs, movies and the statistics, the need for love is the single most important unmet need we as humans seek to fulfill.

In an effort to satisfy the need for love, men and women have gone to remarkable lengths. Reading this you may be reviewing how affairs of the heart have shaped your life. Love stories where the hero and heroine live happily ever after, create a feel good factor and give us hope and

not being loved, may cause us to react in ways that create a greater rift thus reducing communication and the chance to resolve the conflict.

What has happened is not always the determining factor but more how we perceive it and how it has impacted us. What might look like a minor matter to your loved one may have hurt you deeply. At times like this take a moment to ask yourself this question:



optimism for a happy future with our beloved.

If difficulties start to appear in our relationship, it can make us feel that our whole world is falling apart. The fear of loss, of

“What would LOVE do in this situation?” The answers may surprise you and provide solutions that lead to positive resolutions. **Why not try it for the Romantic Month of February.**

Marie Wellness Clinic

As you can see the theme this month is all about love

Most of the tension and stress that we struggle to deal with in our relationships are not based on new issues but on the recurrence of old memories that are being triggered.

Untangling past losses and upsets can lead to new ways of responding to our loved ones and as a result, we find ourselves living in a more loving and happy state.

Taking time to untangle your past will bring renewed energy and happiness to your relationships and your life.

Call me for a free initial consultation and introductory session

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