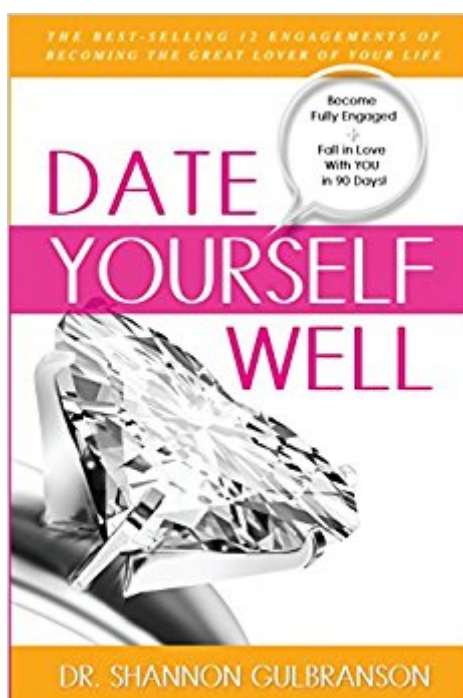


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# Date Yourself Well: The Ultimate Engagement Plan: The Best-Selling 12 Engagements Of Becoming The Great Lover Of Your Life



## Synopsis

The Best-Selling 12 Engagements of Becoming the Great Lover of Your Life With Weekly Dates for Falling in Love, Dating YOU Plus the Secret for Lasting Relationships and Preventing Divorce. By fully engaging and becoming one with your head + heart + soul, you'll experience a deep love for yourself that heals not only your inner child, but also your life as a whole. Naked. Unafraid. Unashamed. Unapologetic. HOW'S YOUR LOVE LIFE? If you're holding back in any area of your life, due to waiting for the future or feeling stuck in the present, this book is for you. It's time to have, and no longer "to hold." Holding on to the past or living in an "ideal" future is divorcing you from the present life you would love to passionately live. Even in the midst of feeling lost and confused, there's hope. If you're suffering from a sense of anxiety and depression that lurks in your shadows, there is a way to unlock your heart. You're not alone. WHEN WAS THE LAST TIME YOU FELT FULLY ENGAGED IN YOUR LIFE? With nearly half of all marriage ending in divorce, and the possibility of heartbreak everywhere | What if "simply meant to be" is not that simple? What if "happily ever after" isn't something you wait for? How would you like to learn dating secrets that even Millionaire Matchmaker, Patti Stanger, hasn't taught you? BECOME THE GREAT LOVER OF YOUR LIFE. The secrets of "dating yourself well" have brought purpose, clarity, adventure, romance, and direction to women who have a desire for more. It has been the guiding force that has led single and married women to explore, and discover the longing that's within them, and the joy of seeing their dreams come true. It has also taken women through the gut-wrenching pain of divorce. It's time to romance your life | AND "THE YOU" SHALL FINALLY BECOME ONE! "Lennon was right! If enduring love is what you're after, Date Yourself Well will guide you on a transformative journey to the happily ever after you seek. Dr. Shannon's thoughtful, empowering, and inspirational treatise will hold a treasured spot on your bedside nightstand." • Evan Michael Zislis, Author of Aphrodisiac: Clearing the Cluttered Path to Epic Love, Great Sex & Relationships that Last and the International Best-seller, ClutterFree Revolution: Simplify Your Stuff, Organize Your Life & Save the World "As an acknowledged Relationship Expert and author, I tend to be critical in my praise. I have been fortunate to be with Dr. Shannon personally, and within a group dynamic as a participant. She is unique in her perspective as it relates to women, men, relationships, and love. Astute and powerful as a leader, her clarity and experience in causing breakthrough results is a gift worth reading. Date Yourself Well is unquestionably a worthwhile read for anyone committed to deeply understanding his or her heart, the keys to experiencing true love, and living a great love...life." • Martin

Cohen, Relationship Expert and Best-Selling Author of *Gender Balancing: An Evolutionary Model for Elevating Relationships from Mediocre to EXTRAORDINARY* “Dr. Shannon’s fresh new perspective on dating yourself well, and fully engaging in life, is powerfully relevant and highly needed in today’s modern era. Through a proven, effective twelve-week process (complete with Weekly Dates), *Date Yourself Well* takes the reader through the course of a new type of engagement. A full engagement with herself, and the life she lives.” • John Mason, Best-Selling Author of *An Enemy Called Average* “*Date Yourself Well* is a reminder that before you go out searching for love, make sure you have found it inside yourself first...” • Melanie Young, Author of *Fearless Fabulous! Lessons on Living Life on Your Terms and Getting Things Off My Chest With Weekly S.O.L. Dates* that allow you to pursue YOU, your heart and desires, you’ll be guided through a proven, effective process that takes dating + self-love to a whole new level. This is your Ultimate Engagement Plan.

## Book Information

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## Customer Reviews

Dr. Shannon is the Founder and C.E.O. of Healing Life Coaching, Inc. and *Date Yourself Well* C.A.M.P. Her Minneapolis + New York City based consulting company provides Life Coaching to individuals and corporations throughout the United States, Canada, and Australia. She is also an inspiring best-selling author and international speaker. Serving thousands of chiropractic patients for over two decades in private practice, as well as one of the leading cancer hospitals in the world, she began to recognize a commonality in those she cared for: The Dis-ease of Disengagement. Soon

she discovered that the stories of the leaders she was coaching were quickly becoming her own. The illusion of the "Cinderella Syndrome" and endless race of the "Superwoman Syndrome" had left her disengaged, divorced, stuck in her head, and feeling painfully unlovable. After three divorces (and a funeral), over more than a decade of suffering from a disengaged (divorced) heart, she discovered these epic, proven, effective secrets of dating herself well. This led to her selling or giving away all her possessions, except only those she absolutely loved, and following her heart to New York City. No longer suffering from the heaviness of a divorced heart, nor the weight of excess baggage, she fully engaged in the life of her dreams as a life coach, author, and international speaker. Dr. Shannon's taught countless people (like you) to fully engage in life again, and unlock the little girl (little boy) within that's been yearning for MORE! More Fun, Hope, Certainty, Abundance, Movement, Purpose, and LOVE.... So what does Dr. Shannon have to say? Happily ever after isn't possible without an engagement. It all starts with a date. Mine started on the day I stopped everything, and dared to ask my heart what "she" felt. Today I spend my dates/days in the two greatest cities on earth, the Minne-Apple and the Big Apple (a.k.a. MYCity), doing what I love. When I'm not unlocking hearts, I love writing, running in Central Park or around the Lakes with the Love of my life and our rescue Yorkie (Stela), boxing (no hitting in the head allowed), traveling the world with my adventure-loving daughter, and taking lots of pictures along the way. I love a great "2+ person selfie", especially in front of MYCity's fabulous graffiti. Most of all I love spending time with those I love, because although people may fail, love never does. I invite you to join me in the journey of dating yourself well. xo

This helped me realize, I don't need fixing and showed me how to fully engage in my life by getting to know and love me! I've spent the better part of my life taking care of others. I didn't love me enough to take care of me. Now is my time to get to know and love me unconditionally. This book has changed my belief system about me.

excellent read

It's so amazing how we can get so caught up in life, yet feel so completely unengaged with ourselves at the same time. We try to keep up, but we aren't ever fulfilled. And how can we fully engage with others in a healthy way if we haven't fully gotten to know ourselves and LOVE ourselves! Dr. Shannon, through her honesty, vulnerability, and encouragement, shows us how to get to know ourselves, get to know our hearts,

and live a fully embraced, wonder-filled life. Who doesn't want that?!

I can tell you from first hand experience that if you follow the steps in this book, your life will be changed forever! You can throw away all other self help books because this book has it all you need to love yourself and in return love flows out of every area of your life, even in areas that are not so loveable. And love never fails, guaranteed!

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