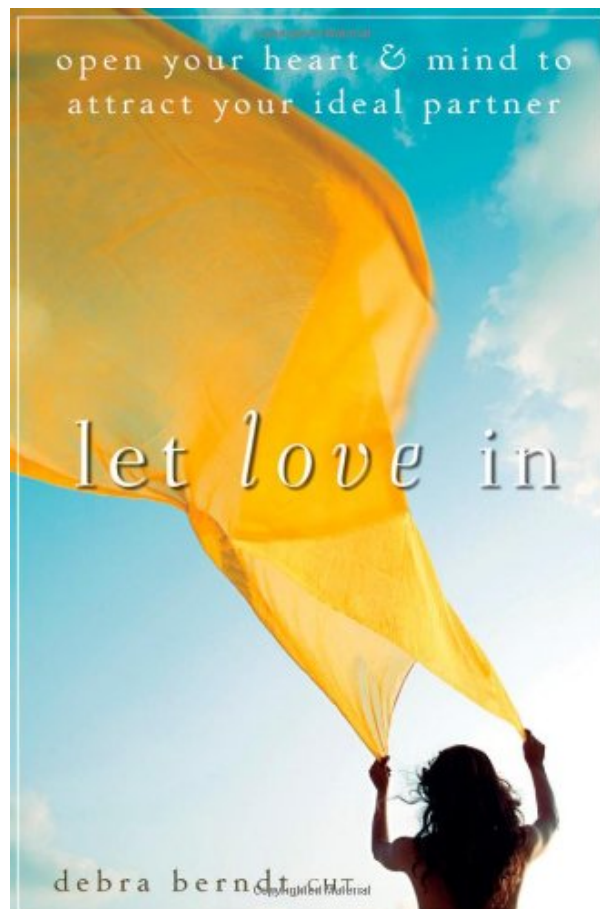
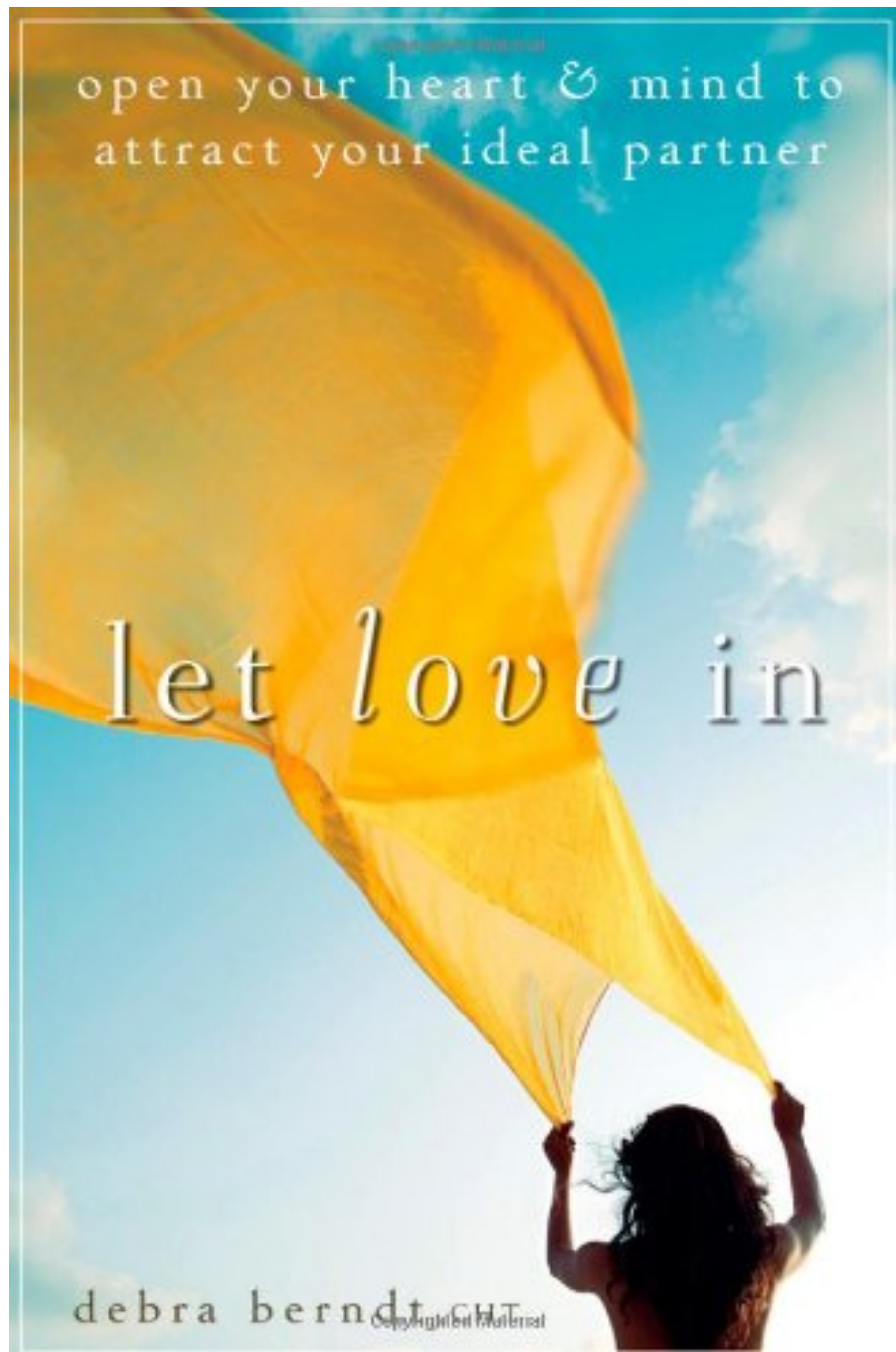


**LET LOVE IN: OPEN YOUR HEART AND
MIND TO ATTRACT YOUR IDEAL PARTNER
BY DEBRA BERNDT**



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Review

Debra Berndt has it right! No one will be interested in loving you until you can love yourself. Attracting the love of your life begins with you. Let Love In will change your life in positive ways.

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Find out the method of doing something from numerous resources. One of them is this book qualify **Let Love In: Open Your Heart And Mind To Attract Your Ideal Partner By Debra Berndt** It is an extremely well recognized publication Let Love In: Open Your Heart And Mind To Attract Your Ideal Partner By Debra Berndt that can be referral to read currently. This suggested book is among the all excellent Let Love In: Open Your Heart And Mind To Attract Your Ideal Partner By Debra Berndt compilations that are in this site. You will likewise find various other title as well as motifs from different authors to search right here.

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The real key to attracting lasting love and it works. Love starts within you and flows out into the world, not the other way around. This book helps you see how amazing you already are and remove internal blocks to allow true love into your life. You will attract the right life partner and improve your relationships through a simple three-step plan that uses self-hypnosis to get your mind in the right place for love. First, you will realize that you are already perfect. Then, you understand and let go of disempowering beliefs in your subconscious mind. In step two, you'll overcome emotional and behavioral barriers and allow space for true romance. Finally, you'll discover how to integrate your new vision of yourself into your life to attract a happy relationship.

- Shows how to use self-hypnosis to get yourself and your life ready for love
- Experience sixteen (16) empowering meditations for fast, effective shifts in your subconscious mind
- Offers an easy-to-follow action plan to clear out old baggage, boost self-confidence, and allow space for romance
- Includes journal exercises to help you uncover and let go of disempowering beliefs and insecurities

Written by a certified clinical hypnotherapist and dating expert who has been interviewed by Match.com, MSN, Lavalife, ABC News, NBC News, Playboy Radio, and ExpertVillage.com Let Love In will create permanent positive changes to your self-confidence that will not only attract Mr. Right but will affect virtually every area of your life as well.

IMPORTANT NOTE: This book isn't about attracting just anyone or another unhealthy relationship, it is about attracting and keeping the man (or woman) of your dreams.

SPECIAL READERS BONUS: Download a FREE MP3 Meditation - Attract the Love of Your Life (valued at \$24.97)! Coupon can be found in the book.

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Most helpful customer reviews

51 of 52 people found the following review helpful.

If you had to read one book, this is it!

By Southpaw

This is one of the best books I've read on relationships and the subconscious mind. It's written in an easy-to-understand and straightforward way. What sets this book apart from other self-help/dating books in the market is that the author zeroes in on the crux of the problem, instead of glossing over it like most of the self-help books out there. She lays out the groundwork by clearly explaining the functions of the subconscious mind and its effects on our lives. She also demystifies the stereotype and false beliefs surrounding hypnosis. She makes you delve deep into your psyche by making you question the origin of your core beliefs and then guides you through a step-by-step self-hypnosis exercises in order to tap into your subconscious mind and rewire your internal software. When the conscious mind isn't alligned with the subconscious mind's core beliefs then we unwittingly attract unfavorable partners and situations. Our conscious mind desires to find love, a healthy relationship and a happy marriage, but our subconscious mind believes it's far-fetched and impossible. As a result, we find ourselves caught in the same horrible cycle. The

conscious mind and the subconscious mind must work harmoniously together in order to create favorable situations in our lives and to magnetize men/women who are nurturing, honest, and compatible.

I am 27 year old and in the past several years, I've found myself dating the same domineering, unfaithful, and abusive man but with a different name/face. I couldn't understand why I was so unlucky. My self-esteem and self-worth had begun to suffer to the point where I had given up on finding Mr. Good Enough, let alone Mr. Right. My heart was chronically battered and bruised. After reading the nuggets of wisdom found in this book, I realized why I attracted men that were clones of one another. I remember when I was 15, I always believed that the guy I was going to meet would wind up cheating on me. I don't know how I wound up adopting such a false belief but this limiting belief remained with me until I've begun educating myself about the powers of the subconscious mind. And indeed, practically all of the guys I had dated had cheated on me. Plus, I carried deep-seated self-loathing for many years and this too reflected itself in my outer world. The abusive men simply mirrored my own self-hatred. The sheer realization that thoughts do create your reality empowered me to change my life. Ever since I've begun doing the self-hypnosis exercises, I've noticed self-respecting men asking me out more. I no longer believe that the man I'm going to meet will cheat on me. Fears of living alone have been replaced with a healthy dose of self-love and enjoying my own company. Ms. Berndt helped me realize that before I can be happy with a man, I must learn to be happy on my own. The internal change I feel is subtle yet palpable. I feel confident and self-assured that everyday I'm drawing the right man to me. A few weeks into self-hypnosis, I dreamt of myself saying out loud in front of a mirror, "I am whole and healed." Indeed, I've noticed my heart had ceased to ache and I have healed. Since the subconscious mind communicates with us via dreams, I knew that the affirmation that I'd been saying had penetrated my subconscious mind. This book really transformed my mindset and helped me recognize my worth and self-love. All of the chapters are insightful but I especially liked the section on self-forgiveness since it had a profound effect on me and set the self-forgiveness wheels into motion. I would like to note that I have tried for many years to forgive myself and even sought therapy for it but none had as a profound impact on me as the simple yet effective hypnosis exercise that Ms. Berndt has outlined in the book. Friends and family are surprised by my positive outlook on life. I wish it was written years ago.

This book may be targeted to women but I honestly think that it works for both genders. If you are single and wondering why your dating record is blighted with wrong men or women and want to utilize the tools to bring you one step closer to finding your true love, then this book is for you! I highly recommend it! If you enjoy this book, then I also recommend *The Genie Within Your Subconscious Mind* by Harry W. Carpenter. I hope you find this review helpful and I hope you find your true love.

22 of 22 people found the following review helpful.

A New And Refreshing Book On Finding The Love Of Your Life

By Marla Martenson

I have to say that I was very impressed by this book. I have read a lot of books on dating, and attracting the right person and it was so refreshing to read a book that is focused on healing feelings of unworthiness and learning how to empower yourself and create a strong and healthy self image. I am married, but found many pearls of wisdom that I will be able to incorporate into my life in all areas. I will be reading this a second time and referring to it often.

39 of 47 people found the following review helpful.

Good and Bad

By Joel in Somerville

The author claims that success in romance is 100% determined by your thoughts. That is, if you purify your mind, then your life will automatically become the way you want it.

I think the gist of this advice is okay, and I'm an individual that frequently uses affirmations and believes in

the power of prayer. So I'm cool with general idea behind the overall message. However, the execution of that message needs improvement. For example,

Ch 13: "They are doing all of the right things...but these women still haven't attracted that one special person because a simple unconscious block has not been addressed."

This is false -- no unconscious block is preventing anyone from accomplishing anything. I have many, many relatives who are orders of magnitude more emotionally F-ed up than I am, and that didn't stop any of them from finding love. Additionally, I'm skeptical of the idea that the PRIMARY reason a 5 year old was murdered was just because he wasn't thinking positively enough. We are each a single individual in a very large universe, and we do not completely control everything. The only thing we can do is do our best given what we have. Fortunately, when we do put effort in, it often does yield fantastic results.

Ch 13: "He then said something that forever changed my life, 'If you do not complete this [emotionally unresolved] situation with your parents, you will never have a healthy relationship.'"

And the author, on receiving this advice, took it seriously. Again, the general approach of improving your mindset and resolving emotional problems is great, but we don't have to be so fatalistic and melodramatic about it.

Finding someone is hard, but absolutely anyone can do it, and achieving Freudian enlightenment is certainly not a prerequisite. I think one of the jobs of any book on this subject is to provide tremendous, unconditional encouragement to oppose our universal feelings of discouragement. This book doesn't do that.

The best one I've found so far is "Love Will Find You" by Kathryn Alice.

See all 49 customer reviews...

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