

UNCONDITIONAL LOVE

*How to Increase Your
Happiness by Loving
Without Reservations*

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“I believe forgiveness is the best form of love in any relationship. It takes a strong person to say they're sorry and an even stronger person to forgive.”

- YOLANDA HADID



INTRODUCTION

The idea of unconditional love sounds wonderful. We all want to be loved without reservations or conditions. However, it's not easy to love unconditionally. It's certainly easier to be on the receiving end of unconditional love, but it's not fair to expect to receive what you're not willing or able to give.

Unconditional love is love without limitations or conditions. That sounds great, but what does it really mean?

There are no hard and fast rules when it comes to unconditional love. What it means to one person can vary greatly from the opinions of another. It's your life, and your love to give. You can create your own definition, which you'll do later.

**By the time your finish this eBook,
you'll have a much better
understanding of:**

- The concept of unconditional love
- How to love unconditionally
- The obstacles to loving unconditionally
- How to get a new relationship off on the right foot
- Codependency
- How to practice unconditional love in your day-to-day life

“You don't love someone for their looks, or their clothes, or for their fancy car, but because they sing a song only you can hear.”

- UNKNOWN