



# Expect a Miracle: 7 Spiritual Steps to Finding the Right Relationship

*Kathy Freston*

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**Expect a Miracle: 7 Spiritual Steps to Finding the Right Relationship** Kathy Freston

*A practical how-to guide to finding your soulmate from leading meditation coach, Kathy Freston.*

In our hectic times, the search for love is often reduced to a joyless exercise, a desperate manhunt, or a cold and insensitive game. As many of us have learned the hard way, these callous approaches can leave us in a rut of negative beliefs, unfulfilled needs, and blame. In trying to be someone we think will be "attractive," we lose sight of who we truly are and how to find the healthy and sustaining relationship that awaits us.

Meditation coach Kathy Freston has been through that vicious cycle herself - and finally broke free. In this insightful and inspiring book she illuminates the path to greater self-awareness - and the real love we all crave. Rooted in Eastern philosophy, A Course in Miracles, and down-to-earth spirituality, *Expect a Miracle* is dating advice to the search for a great relationship - one that puts the focus back where it belongs: on our own transformation.

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