



Fall In Love With Your Life, One Week at a Time

Emily Madill

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Fall in Love With Your Life, One Week at a Time is more than a book. It is a weekly practice that will support you in loving yourself and your life-as it is. Explore compassion, gratitude, facing fears, creating clear goals, self-acceptance, giving back, strengthening your inner bond, dropping judgments, expanding your ideas about what is possible, and much more. The experience is yours by design, and at the end of each week's conversation starter, there is space for self-reflection and creating personalized meaning on your journey to loving the life you are living.

"This is the book to prepare you for the coming year! If you're ready to fall in love with your life, I know how you can do it, and who can lead the way. Emily Madill is a light to all who know her and I'm so happy she is putting her brilliance in print, to reach as many people as possible! She's authentic, caring, and sage-like, and you will know this immediately upon soaking up her teachings!" Mike Dooley, New York Times Bestselling author, speaker, and entrepreneur in the philosophical New Thought movement (TUT.com)

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