

It is surprising that so little is written about love in psychology books. Of all the possible experiences known to human beings, love is the cure for loneliness, depression, and anxiety, the remedy for rage, the liberator of our creative powers. It is the ultimate health - and strength - giving force.

Many people today are too embarrassed to confront love fully or even to talk about it. And yet who, in their most honest moments, would not admit that they long to bring more love into their life? Wouldn't we all make this choice if we had the courage?

Bringing More Love into Your Life: The Choice is Yours is a workbook designed to help us make that choice. The authors believe that we are all born with the full capacity to love but that as a response to painful experiences we erect protective barriers within ourselves which, while they accomplish the purpose of keeping out pain, also unfortunately prevent us from experiencing love fully. The good news is that we can learn how to change our beliefs and behaviour. We are

BRINGING MORE LOVE INTO YOUR LIFE: THE CHOICE IS YOURS

*A step-by-step guide from the Findhorn Foundation
using Psychosynthesis principles and techniques*

EILEEN CADDY &
DAVID EARL PLATTS, PH.D.

Foreword by Diana Whitmore

always standing at a crossroads where we have the choice to bring more love into our life.

Based on a course given by the authors for several years at the Findhorn Foundation, this book leads the reader through a carefully sequenced set of exercises - many of them derived from Psychosynthesis, a holistic psychospiritual approach to human development introduced by the late Italian psychiatrist Roberto Assagioli. Space is provided in the book for readers to record their experience as they work through the course. The Psychosynthesis approach is blended with the philosophy of the Findhorn Community, as embodied by Eileen Caddy, to make a unique book which is likely to have a real effect on readers' lives through engaging them in a practical process of learning and change.

The course presented by this book can be undertaken individually and is ideal for the "workshop-shy".

Alternatively, a small group could follow it together, meeting regularly to share their experiences.

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is a popular personal development writer, lecturer and counsellor, and has been teaching and leading groups internationally for more than 35 years. He also applies Psychosynthesis principles and methods in his work with organisations as a management consultant and trainer.



EILEEN CADDY

is one of the co-founders of the Findhorn Foundation in Forres, Scotland, where she leads courses on spiritual themes. She is the author of a number of books, including *Opening Doors Within*, *God Spoke To Me*, *Dawn of Change*, *Footprints On The Path*, and her autobiography, *Flight Into Freedom*.