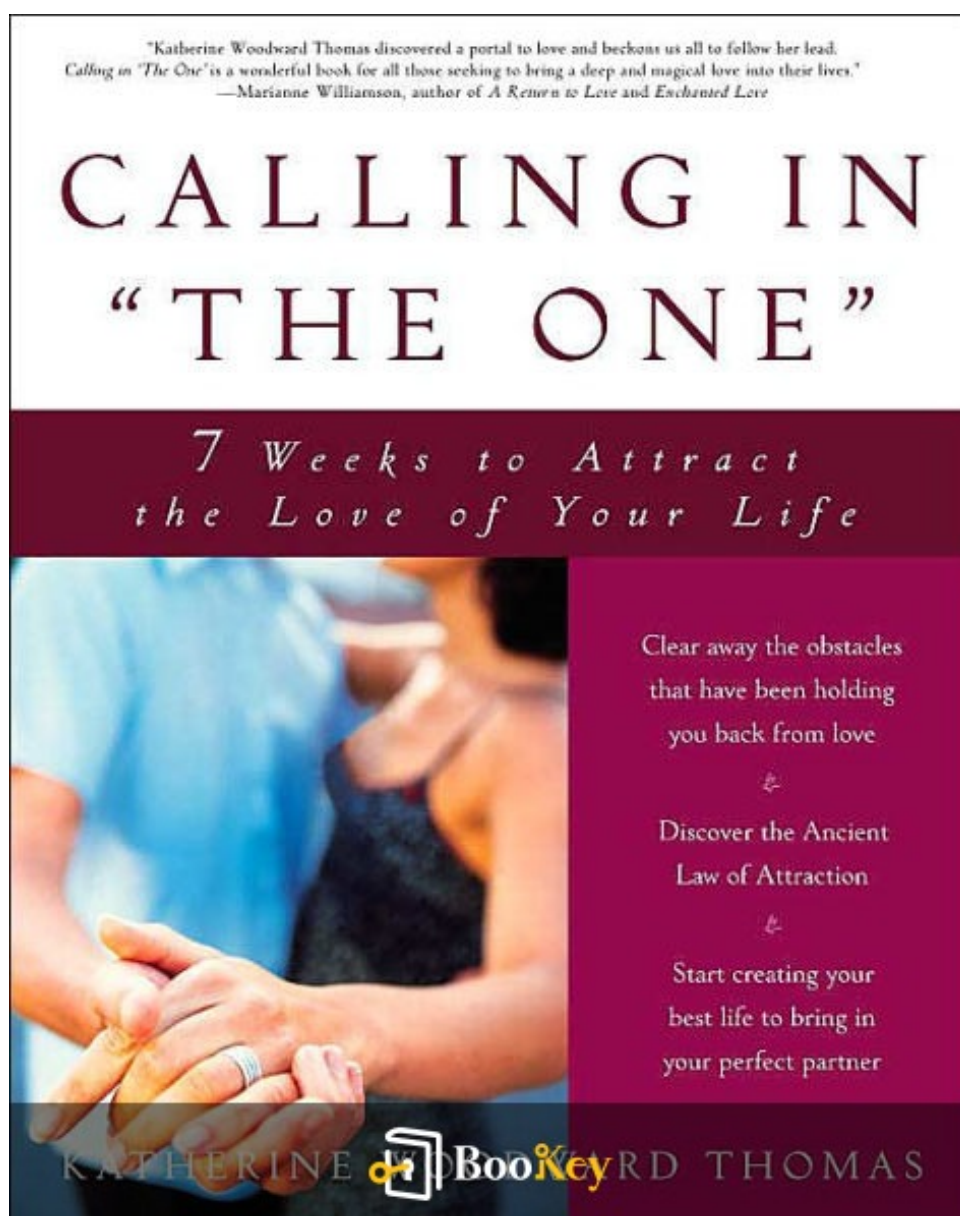


Calling In "the One" PDF

katherine woodward thomas



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About the book

Are You Ready to Find True Love?

Do you feel stuck in frustrating relationships, facing missed connections, or battling the loneliness of searching for your soulmate? Are you prepared to discover “The One” who will complete your journey?

Introducing *Calling in “The One”*

In her renowned book, *Calling in “The One,”* Katherine Woodward Thomas shares her transformative personal journey, teaching women how to be truly open and ready for a lasting, loving relationship. This guide emphasizes that finding a committed romantic partner requires more than just desire; it necessitates personal readiness and openness.

Unlocking Love Through the Law of Attraction

Centered around the principles of the Law of Attraction, this unique seven-week program is designed to help you become receptive to the love you deserve. With daily lessons and practices over a span of 49 days, each segment includes:

- Inspiring daily lessons
- Engaging practices

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- Step-by-step actions to implement in your life

Through meditation, visualization, and journaling exercises, Katherine provides insightful strategies to identify and navigate the obstacles in your path to love. By the end of this journey, you'll be equipped with the emotional and spiritual readiness to attract "The One."

A Revolutionary Path to Relationships

Calling in "The One" is more than just a book; it's a revolutionary approach to relationships that empowers you to take charge of your destiny in love. Start your journey today towards finding the lasting love you seek!

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Calling In "the One" Summary

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Who should read this book **Calling In "the One"**

"Calling in 'The One'" by Katherine Woodward Thomas is ideal for individuals seeking a deeper understanding of love and relationships, especially those who may feel stuck or frustrated in their romantic pursuits. This book is particularly beneficial for singles who aspire to find a meaningful, lasting partnership, as it provides valuable insights into overcoming personal barriers and aligning with one's true desires. Additionally, those who have experienced past heartbreak or patterns of unsuitable relationships can find transformative guidance in Thomas's approach, which encourages self-reflection and personal growth. Ultimately, anyone ready to embrace a new mindset about love, cultivate self-worth, and manifest their ideal partner will find this book an enlightening resource on their journey.

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Key insights of Calling In "the One" in table format

Chapter	Key Concepts	Summary
1	Introduction	Introduces the idea of attracting the right partner and the importance of inner work in relationships.
2	Understanding Love	Discusses the nature of love and how personal transformation is essential for finding 'The One'.
3	Self-Reflection	Encourages readers to reflect on past relationship patterns and beliefs that affect current love life.
4	Releasing Old Patterns	Focuses on letting go of limiting beliefs and emotional baggage that hinder finding true love.
5	Creating a Vision	Guides readers to visualize the kind of relationship they desire through intentional manifestation.
6	Developing Healthy Habits	Promotes the development of self-love and healthy relationship practices as a foundation for attracting love.
7	Engaging with the Universe	Teaches the importance of being open to opportunities and embracing change in the pursuit of love.
8	Manifestation Techniques	Provides practical exercises for manifesting the ideal partner and inviting love into one's life.



Chapter	Key Concepts	Summary
9	Building a Support System	Highlights the role of community and support in the journey toward love and connection.
10	Celebrating Love	Encourages celebrating progress and maintaining a positive mindset throughout the journey.

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Calling In "the One" Summary Chapter List

1. Introduction: Understanding the Journey to Attracting Love and Connection
2. Chapter 1: Uncovering and Releasing Limiting Beliefs About Love
3. Chapter 2: The Power of Self-Love and Acceptance in Finding 'The One'
4. Chapter 3: Identifying and Manifesting Your Ideal Partner Qualities
5. Chapter 4: Releasing Past Pain and Emotional Baggage for New Relationships
6. Chapter 5: Creating a Relationship Vision Statement to Attract True Love
7. Chapter 6: Taking Action and Preparing for the Arrival of 'The One'
8. Conclusion: Embracing Vulnerability and Opening Your Heart to Love

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1. Introduction: Understanding the Journey to Attracting Love and Connection

In Katherine Woodward Thomas's insightful book, "Calling in 'The One,'" the author embarks on a transformative journey that emphasizes the deep personal work necessary to attract love and meaningful connection into our lives. The introduction sets the stage for exploring the multifaceted processes of understanding oneself to foster authentic relationships. It invites readers to embark on a profound journey of self-discovery, suggesting that true love is not merely about finding another person but entails a holistic shift within oneself.

At the heart of this journey is the recognition that our beliefs and experiences shape our capacity to love and be loved. The author encourages readers to examine their relationship histories and the patterns that have emerged from them. By delving into past experiences and emotional blueprints, individuals can illuminate the limiting beliefs about love that may be inadvertently blocking their paths to deep connections.

Moreover, Thomas highlights the importance of self-love and acceptance as foundational elements for attracting a worthy partner. Before one can invite love from another, there needs to be an inward cultivation of worthiness, where individuals embrace their own value and nurture a healthy self-image. This self-discovery process often requires confronting insecurities and

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negative self-talk, thereby establishing a solid base for future relationships.

The introduction also foreshadows the various tools and exercises that will be discussed throughout the book, which are designed to help readers identify the qualities they seek in a partner and actively manifest those characteristics into their lives. By being clear on what they desire, individuals not only attract compatible partners but also raise their standards of what love should feel like.

In conclusion, Thomas's introduction lays a compelling groundwork for understanding that attracting love is not a passive endeavor; it demands active participation, introspection, and vulnerability. Through her guidance, readers are encouraged to open their hearts and minds to the possibility of true love, leading them on a journey of personal growth and authentic connection.

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2. Chapter 1: Uncovering and Releasing Limiting Beliefs About Love

In "Calling in "The One", Katherine Woodward Thomas begins the transformative journey of attracting love and connection by first addressing the core beliefs that many individuals hold about love. These beliefs, often ingrained over years of social conditioning and personal experiences, can act as significant barriers to finding and nurturing meaningful relationships. Chapter 1 is dedicated to uncovering and releasing these limiting beliefs, paving the way for a more authentic understanding of love.

Thomas emphasizes that our beliefs about love are not just abstract ideas; they profoundly shape our relationships and experiences. These beliefs can stem from childhood, societal influences, or past romantic failures, resulting in subconscious narratives that dictate how we perceive ourselves and our ability to find love. Examples of common limiting beliefs include thoughts like "I'm not worthy of love," "I always attract the wrong partners," or "Love is painful and difficult." These thoughts perpetuate cycles of negativity, impacting not just romantic relationships but also self-worth and personal fulfillment.

To begin the process of uncovering these limiting beliefs, Thomas introduces several reflective exercises aimed at helping readers identify their own negative perceptions about love. She encourages individuals to journal about



their beliefs, examining where these thoughts originate and how they manifest in current life scenarios. By bringing these notions to the surface, we can begin to recognize that they are not necessarily truths but rather patterns that can be shifted.

Once these limiting beliefs are identified, the next crucial step is releasing them. Thomas guides readers through techniques such as affirmations and visualization, which help to reframe negative thoughts into empowering ones. For example, transforming "I don't deserve love" into "I am worthy of love and connection" is a powerful shift that can alter one's emotional landscape. Thomas insists that by actively working to rewire our belief systems, we open ourselves to new possibilities in love.

The chapter also highlights the importance of surrounding oneself with supportive and nurturing environments. Thomas suggests engaging with community, friendships, and networks that promote positive beliefs about love. This support can act as a counterbalance to ingrained negative beliefs, reminding individuals that love is possible and available to them.

Moreover, Thomas provides insights into how practicing self-compassion can aid in the process of belief release. Accepting oneself with kindness and understanding allows individuals to let go of harsh judgments and fosters a mindset that is open to receiving love. Recognizing that everyone struggles



with limiting beliefs can create a sense of shared experience, making it easier to release these burdens.

As the chapter concludes, Thomas emphasizes that the journey of uncovering and releasing limiting beliefs about love is a pivotal first step towards attracting the kind of love readers truly desire. By courageously confronting and dismantling these barriers, individuals can cultivate a healthier perspective on relationships, making room for genuine connections to flourish. Ultimately, this chapter serves as a crucial foundation for the subsequent sections of the book, laying the groundwork for embracing self-love, recognizing the qualities sought in a partner, and envisioning a future filled with authentic love.

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3. Chapter 2: The Power of Self-Love and Acceptance in Finding 'The One'

In the journey of attracting love and connection, the importance of self-love and acceptance cannot be overstated. This chapter delves into how developing a deep sense of self-worth creates a magnetic energy that draws in the right partner. When an individual genuinely loves and accepts themselves, they radiate confidence and positivity, which are essential qualities for forming meaningful connections.

Self-love is often misunderstood as mere vanity or self-indulgence. However, it is much more profound. It involves recognizing one's intrinsic value, appreciating one's uniqueness, and cultivating a compassionate relationship with oneself. This foundation of self-respect and self-care is vital in the quest for finding 'The One.' When you truly love yourself, you stop seeking external validation to fill your emotional voids. Instead, you learn to nurture your own needs and desires, which sets the stage for a healthy romantic relationship.

Acceptance is another crucial aspect of self-love. It is the practice of embracing all parts of yourself, including flaws and imperfections, without judgment. In a society that often promotes unrealistic standards of beauty and success, learning to accept oneself can be challenging. It requires a conscious effort to silence the inner critic and instead, replace that dialogue

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with affirmations of love and acceptance. When you accept yourself, you become more authentic, which naturally attracts others who resonate with your true self.

Moreover, self-love and acceptance impact your ability to set boundaries. Individuals who love themselves often find it easier to refuse relationships that are misaligned with their values or needs. They understand their worth and refuse to settle for less than they deserve. In contrast, those lacking in self-love may engage in self-sabotaging behaviors or tolerate unhealthy dynamics, as they have a diminished sense of what they deserve in love.

This chapter encourages readers to embark on practical exercises aimed at fostering self-love and acceptance. Techniques such as journaling, positive affirmations, or mindfulness practices help individuals become more aware of their thoughts and feelings about themselves. Engaging in activities that bring joy and fulfillment also play a pivotal role in enhancing one's relationship with oneself.

Additionally, the narrative emphasizes that self-love is not a solitary journey. As people invest in healing and nurturing themselves, they often find that their relationships with others improve. This newfound self-awareness enables healthier interactions, where partners can uplift one another rather than seek completion through each other.

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Ultimately, the journey to finding 'The One' starts from within. Embracing self-love and acceptance sets a powerful precedent for the type of relationship one seeks. When an individual embodies love for themselves, they inevitably attract a partner who reflects that same love, leading to a fulfilling and harmonious partnership.

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4. Chapter 3: Identifying and Manifesting Your Ideal Partner Qualities

In this chapter, Katherine Woodward Thomas emphasizes the significance of clearly defining what we want in a partner to attract the kind of love we desire. She illuminates the importance of creating a comprehensive list of ideal partner qualities that resonate with our deepest values and needs. By doing so, we begin the process of manifestation, aligning our intentions with the universe.

Thomas encourages readers to reflect deeply on their past relationships, extracting the qualities that they found fulfilling and those that they wish to avoid. This introspective examination allows for a greater understanding of personal preferences when it comes to love and partnership. The author suggests that qualities such as kindness, sense of humor, emotional intelligence, and mutual respect are paramount in fostering a healthy and loving relationship.

To effectively identify these qualities, Thomas introduces various exercises that engage the mind and spirit. One exercise involves writing a detailed description of your ideal partner, focusing not only on physical attributes but also on character traits and values. This act of writing serves to crystallize intentions, making the dream partner more tangible and less abstract.



Additionally, she discusses the significance of understanding how each quality contributes to a successful relationship. For instance, having a partner who values communication can enhance conflict resolution and deepen intimacy. Emphasizing the alignment of personal values is critical, as it ensures that both individuals share the same foundational pillars upon which they can build their lives together.

Moreover, this chapter stresses the connection between identifying ideal partner qualities and self-awareness. As readers delineate their wishes for a partner, they are simultaneously encouraged to reflect on their own qualities and growth areas. This dual focus not only paves the way for attracting a compatible partner but also encourages personal development and maturity. Thomas reminds us that like attracts like; therefore, developing the qualities we seek in others enhances the likelihood of attracting someone who embodies these traits.

Katherine Woodward Thomas also highlights the concept of visualization as a powerful tool in manifesting one's ideal partner. She guides readers through a vivid exercise where they envision their life with this partner, engaging all senses to feel the emotions tied to this experience. This mental exercise fosters a sense of connection to the future relationship, making it feel more achievable and within reach.



Additionally, readers are encouraged to remain open to the unexpected. Sometimes, our ideal partner might not fit the exact mold we create; however, they may possess qualities that bring joy and satisfaction in unforeseen ways. This openness to possibilities is key in the journey toward finding true love.

In conclusion, Chapter 3 is a pivotal section in 'Calling in "The One"' where the act of identifying and manifesting ideal partner qualities becomes a transforming foundation for attracting love. Through introspection, clarity of intention, and openness to the richness of connection, readers are equipped to embark on their own journey of love with confidence and purpose.

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5. Chapter 4: Releasing Past Pain and Emotional Baggage for New Relationships

In Chapter 4 of "Calling in 'The One'" by Katherine Woodward Thomas, the author delves into the crucial task of releasing past pain and emotional baggage to create space for new, fulfilling relationships. Understanding how the weight of past experiences can hinder current and future love is vital in this transformative journey.

The chapter opens by emphasizing the importance of facing and acknowledging the emotional scars we carry. Emotional baggage, stemming from previous relationships, unresolved conflicts, or childhood experiences, can create barriers to love, manifesting themselves in sabotage or self-destructive behaviors. Thomas suggests that individuals must first recognize these patterns before they can hope to break free from them.

To facilitate this release, the author introduces several reflective practices. Journaling becomes an essential tool for catharsis—writing down feelings, memories, and the beliefs that have arisen from past encounters allows individuals to externalize what they've internalized. This process not only helps in recognizing recurring themes but paves the way for understanding how these past experiences inform current perceptions of love and intimacy.

Thomas also highlights the significance of forgiveness—not only of others

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but also of oneself. Holding onto resentment can severely impact one's emotional well-being and can cloud one's ability to connect with a future partner. The act of forgiveness is less about absolving someone else and more about releasing oneself from the chains of past hurt. Thomas guides readers through a forgiveness exercise that encourages visualizing the person who has caused pain and, in a spirit of release, recognizing their imperfections and humanity. This shift in perception can help to alleviate the emotional weight that has been carried.

The chapter stresses the importance of emotional healing as a precondition for attracting true love. Thomas asserts that as individuals learn to let go of lingering sadness, guilt, or anger, they create a more inviting energetic space for love to flourish. Practices such as meditation and visualization are also suggested as means to manifest a healed heart and foster a positive outlook on future relationships.

Furthermore, the author discusses the role that self-awareness plays in this process. By identifying the ways in which past pain has shaped their views on love, individuals can begin to dismantle limiting beliefs that prevent them from fully investing in new relationships. Understanding how previous experiences impact responses to potential partners enables one to create healthier, more authentic connections.



Thomas concludes this chapter with practical exercises aimed at helping individuals actively shed their emotional baggage. These exercises encourage readers to create a "release ritual," where they can symbolically let go of past injuries. Whether through a physical act such as writing down painful memories and burning the paper, or through a spiritual act of prayer and intention setting, these rituals serve as powerful steps toward emotional freedom.

By emphasizing the importance of releasing past pain and emotional baggage, this chapter motivates readers to embrace a fresh start in their romantic lives. It's a call to action that inspires individuals to step into the future unencumbered by the ghosts of their past, paving the way for genuine love and connection to enter their lives.

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6. Chapter 5: Creating a Relationship Vision Statement to Attract True Love

In this chapter, Katherine Woodward Thomas guides readers to construct a clear and empowering Relationship Vision Statement as a crucial step in attracting true love. This process begins with the recognition that a well-defined vision can serve as a powerful magnet for nurturing love into our lives. By envisioning what we truly desire in a partner and in a relationship, we create a blueprint that aligns our intentions with our actions, helping to guide us towards the love we seek.

To begin crafting this vision statement, it is essential first to reflect deeply on our unique values, desires, and the qualities we wish to see in a significant other. Thomas encourages readers to engage in profound self-exploration, asking vital questions that uncover individual needs and aspirations. This may include contemplating how we want to feel in a relationship, the dynamics we enjoy, and the values that we wish to share with a partner. By articulating these aspects, we can gain insight into our relationship goals and desires.

Once we have this understanding, we move towards the act of writing our Relationship Vision Statement. Thomas emphasizes the importance of language, suggesting we use positive, present-tense affirmations that evoke a sense of joy, excitement, and fulfillment. For example, instead of stating, "I

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want someone who makes me happy," we might phrase it as, "I am in a loving relationship that brings me joy and support every day." This shift in language not only makes our vision feel more attainable but also helps us to embody the emotional state we wish to experience.

The statement should encompass not just the qualities of an ideal partner but also the type of relationship we aspire to create together. This could include aspects such as mutual respect, shared passions, deep communication, and growth. By crafting a comprehensive vision, we lay down the foundation of not only who we are seeking but also how we wish to contribute to that relationship.

After drafting the statement, Thomas recommends that we engage in visualization techniques, regularly imagining ourselves in this ideal relationship scenario. This practice enhances our ability to attract the right person into our lives, as it solidifies our commitment to manifesting our desires. It invites us to step into the emotional state of having our vision fulfilled, reinforcing our belief that love is indeed possible and within reach.

Another vital component of this chapter is the emphasis on letting go of fear and skepticism. Thomas encourages readers to approach this visioning process with an open heart and a willingness to receive love even if it challenges our past experiences. By releasing negativity and self-doubt, we



create space for positivity and optimism. It's important to remember that our vision statement is not just a wish list but an empowering declaration of our worthiness to receive love.

Ultimately, the Relationship Vision Statement acts as a guiding light in our journey towards love. It helps us recognize the signs and opportunities that align with our desired outcomes, steering us away from choices that do not align with our vision. As we move closer to attracting 'The One,' this statement serves as a constant reminder of what we desire and deserve in our lives.

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7. Chapter 6: Taking Action and Preparing for the Arrival of 'The One'

In the journey toward finding 'The One,' taking action is a crucial step that often goes overlooked. After uncovering and releasing limiting beliefs, fostering self-love, clarifying partner qualities, shedding past pains, and crafting a relationship vision statement, it is time to translate these insights into practical actions that will prepare you for the arrival of true love.

To effectively attract the partner you desire, your actions must be aligned with your intentions and inner work. This alignment not only signals to the universe that you are ready for love but also establishes a mindset of readiness that can transform your daily life. The actions you take need to reflect your commitment to attracting healthy, fulfilling relationships.

One of the key actions is to engage in activities that bring you joy and fulfillment. Pursuing your passions or hobbies allows you to exude a positive energy that is attractive to potential partners. When you immerse yourself in activities that light you up, you not only improve your own state of being but also increase the likelihood of meeting someone who shares your interests and values.

Additionally, actively socializing is vital. Expanding your social circle can create opportunities to meet new people. Attend social gatherings, join clubs



or groups that align with your interests, or participate in community events. Being open to new connections enhances your chances of meeting ‘The One’ and makes room for love to blossom in unexpected places. During these interactions, practice being fully present and engaged, as genuine connection is built on authenticity.

As part of your preparation, it’s also essential to set and refine your standards. Knowing what you want and standing firm in your relationship vision is empowering. Having clear criteria for the type of relationship and partner you aspire to foster can act as a compass guiding your decisions and interactions. It's important to embrace the mindset that you deserve a partner who meets your standards and complements your values.

Moreover, taking action often involves self-care and personal growth. Prioritize your mental and emotional well-being by investing time in practices such as meditation, therapy, or personal development courses. This not only nurtures self-love but helps you build resilience and emotional intelligence, which are vital for a healthy relationship.

Another significant aspect of preparation is to clear physical and emotional space in your life for ‘The One.’ This could mean decluttering your living space, adjusting your daily routines, or even removing reminders of past relationships that no longer serve you. Creating an inviting environment

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enhances your readiness for new love. A tidy and welcoming home not only reflects your state of mind but also makes a positive impression on any future partner.

Finally, consider the power of visualization in your actions. Use your relationship vision statement as a tool to visualize and affirm your desired relationship. Visually and mentally picturing yourself in a loving, healthy relationship helps to manifest that reality. This practice, combined with actionable steps, creates a powerful synergy that amplifies your intentions.

In conclusion, taking action and preparing for the arrival of ‘The One’ entails a blend of joyful engagement in life, proactive socializing, setting clear standards, prioritizing self-care, clearing space, and utilizing visualization techniques. By embodying these practices, you not only create the conditions for true love to enter your life but also ensure that you are the best version of yourself to share with a partner. Remember, the journey to love is not merely about waiting; it involves actively cultivating an environment where love can thrive.

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8. Conclusion: Embracing Vulnerability and Opening Your Heart to Love

In the pursuit of true love, embracing vulnerability is a fundamental step toward opening one's heart to the possibilities of deep connection and fulfillment. The journey through self-discovery, which has been meticulously outlined in the preceding chapters, ultimately culminates in the courageous act of allowing oneself to be open and available for love. This means letting go of the armor we often wear, built from past experiences and wounds, and instead choosing to be present with all of our emotions—both the joyful and the painful.

Being vulnerable does not equate to weakness; rather, it signifies a strength that is forged in self-awareness. When we allow ourselves to feel our emotions deeply, we become authentic and relatable. This authenticity is magnetic and is precisely what draws 'The One' to us. By embracing vulnerability, we send a powerful signal to the universe that we are ready for genuine intimacy and connection.

Opening the heart also requires us to practice trust—not just in others, but in ourselves as well. Trusting that we can handle whatever comes our way, that we have the resilience to face challenges, and that we are deserving of love, fosters a safe space for relationships to flourish. This foundational belief allows the heart to soften and become more receptive, inviting love in and

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enhancing our connections with others.

Moreover, as we open our hearts, we create room for new experiences and the potential for a partner who aligns with our vision of love. Our previous chapters have equipped us with the necessary tools to identify our ideal partner, release limiting beliefs, and heal past wounds. As we step boldly into this new chapter, the act of accepting and embracing our vulnerable selves becomes a transformative experience that prepares us to receive love authentically.

Embracing vulnerability means communicating our needs and desires, expressing our true selves without fear of judgment. It encourages us to be proactive in relationships, fostering honest dialogues and ensuring that both partners feel seen and valued. In this safe emotional space, love can evolve and deepen, leading to a nurturing and supportive partnership.

Ultimately, to attract 'The One,' we must also learn to give love freely. This involves practicing compassion and kindness, not only towards ourselves but also towards others. Cultivating a loving mindset creates an inviting energy that beckons love toward us while simultaneously preparing us to contribute to a loving relationship.

In conclusion, the journey outlined in

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"Calling in 'The One'" is not just about attracting a partner; it's a profound invitation to embrace who we are fully—flaws, strengths, and vulnerabilities alike. The more we open our hearts to love, the more effortlessly love will find us. So, take a deep breath, open your heart wide, and get ready to welcome in the profound love that you have always deserved. This is the powerful conclusion to your journey: a commitment to vulnerability, authenticity, and the brave act of loving deeply.

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5 Key Quotes of Calling In "the One"

1. "When we recognize and embrace our own worthiness, we open the door to attracting the love we desire."
2. "Our relationships reflect the relationship we have with ourselves."
3. "Every aspect of our lives is a mirror of our beliefs and choices; the way we love ourselves sets the tone for every interaction we have."
4. "To draw in the one, we must first be willing to confront and let go of the fears and beliefs that keep us from trusting love."
5. "True love is not about finding someone, but about becoming the person you wish to attract."





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