



Head & Heart: Daily Meditations for the Soul

Thom Byxbe, Kristine Best, Forde Consulting

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Do you find yourself retreating from life and love? Are you tired of all the disappointments that come one after the other in your attempts to find your perfect person, while at the same time pursuing your one true passion in life? Our world today moves at a rapid pace with constant Facebook updates from our friends, Twitter posts from people we don't know, and our instant connection to the world through the internet. It's easy to sit back and feel connected to others when in reality we've locked ourselves up in our homes, tired of the heartache and battling the headaches that come from realizing our lives are not what all the media are telling us they should be. Running into obstacles, trials and disappointments is part of life, and it's easy for us to lose some of our confidence along the way. Losing even a little confidence can leave us feeling empty, lost and lousy about the direction our life has taken. It's natural for us to want to love and be loved, but it seems to be getting harder each day as we wait to find our perfect-for-us person. Sometimes in our desperation to be in a relationship, we settle for the guy around the corner, knowing full well we can do better. Or we find ourselves are going through a complete man-drought, which makes us wonder if the right guy for us even exists in this world. It's distractions like these that sends us into a mini tailspin, wondering what we're doing wrong in our quest for happiness, teetering off balance in the process. Head and Heart; Daily Meditations for a Single Woman's Soul is here to help you regain your balance in life, help you build your confidence in love, and renew the pursuit of your passion. When we stop focusing on the have-nots, and change our view to the have-lots, a whole new perspective on our life is gained. It's important to go after your true passions in life while you're waiting for your perfect-for-you man to show up. When we stop settling, we start succeeding in all areas of our life. When our heads and hearts agree, we find the the courage to never give up.

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