



# Choosing Love: Moving from Ego to Essence in Relationships

*Gina Lake*

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## Choosing Love: Moving from Ego to Essence in Relationships Gina Lake

Are you sabotaging the love that is possible in your relationships? Have you ever wished you could unlock the love that is your true nature and express it fully? *Choosing Love* offers a spiritual approach to transforming relationships by showing you how to let go of your preconceived ideas and judgments. By moving beyond your ego and conditioning, you can create a richer, more loving life for yourself and those you care about. You have the power to determine how much love you experience in any given moment.

*Choosing Love* provides profound insights and practical advice about how the ego interferes with love and happiness; moving beyond romantic illusions; recognizing, finding, and sustaining a meaningful relationship; overcoming anger, judgments, criticism, and resentment; resolving issues like infidelity, money, commitment, sexual differences; and seeing the Divine in another.

This book was formerly titled *Loving in the Moment*.



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