



Love is a Verb

Don Moore

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The only way to heal yourself and, ultimately, the world at large, is to live a life fueled by the power of love—love of self and love of others. By its very nature, living that life of love also means living a life of gratitude and compassion. These are the core messages delivered to Don Moore, a former lawyer and business coach, at a time when his life was nearly snuffed out.

Love is a Verb tells the story of the author's close call with death, the role love played in his survival and healing, and his subsequent reflections on key moments in his life. Through his personal story, Moore reveals simple yet powerful techniques for daily living a life of love. If followed, the tools given in this book will transform and expand your life in ways you cannot imagine.

"The love I received that day and the days following was palpable. A warm glow like I'd never before experienced centered in my heart and radiated throughout my entire being—body, mind, and soul. All parts of me were alive and pulsating in tune with something both deep within and far beyond the confines of me. Aware of my expansiveness, I was much more than the limits of my flesh. I was not alone, but deeply connected to all who cared for me, with love being the gossamer thread of that unity. This only approximates what I actually felt, as I am without vocabulary to put words to it all.

"Just as we always stand in a place of choice whether to feel love or gratitude and then act on those emotions, so it is with compassion."

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Betty Peoples:

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