

## Selections from

### *There is NO PRINCE and Other Truths Your Mother Never Told You ...*

- ✦ There is NO PRINCE — never was, never will be. It was a cartoon, a fairy tale.
- ✦ The most important relationship you'll ever have is with yourself.
- ✦ How much you would be influenced by movies, books, television, magazines, and songs.
- ✦ You would repeat what your parents taught you, even when you're trying not to.
- ✦ What you expect is what you get and you have the ability to change what you expect.
- ✦ You would be limited by your beliefs and you have the power to change the beliefs that aren't working for you so you can have the relationship you desire.
- ✦ Uncovering your inner hidden conversations gives you the power to make different choices.
- ✦ Your conflicting voices are valid expressions of different parts of you.
- ✦ You are motivated by inner conversations you don't even know you were having.
- ✦ You can be in a relationship without losing yourself.
- ✦ There's nothing wrong with you.
- ✦ It's generous to give yourself good things.
- ✦ Loving yourself is not the same as being selfish.
- ✦ When you are in love with yourself, everyone benefits and you can take care of yourself while in a relationship with a man.
- ✦ When you love yourself, you'll be able to make good choices and you'll be irresistible.
- ✦ You can gently ask for what you want.
- ✦ Doing what is difficult and good for you is self-loving.
- ✦ When your heart is open to yourself you'll be able to receive the love that is all around you.
- ✦ Sometimes you might have to tolerate feeling bad so good things can happen.
- ✦ Feeling your feelings allows you to make a better choice for yourself.
- ✦ Making new choices means turning your back on what's not good for you.
- ✦ Owning your part in a pattern will give you the power to have it be different next time.
- ✦ You have developed patterns that determine who and what you attract into your life.
- ✦ You have the power to act and react differently than you have always done.
- ✦ If it's in your life, you have something to do with it.
- ✦ You'd have commitment issues, too.
- ✦ Men and women's behavior was formed in cave times and hasn't changed all that much.
- ✦ When you stop taking it personally every time he forgets, you can have a calmer, happier, more loving relationship.
- ✦ A man's sense of timing is different from yours, he is extremely sensitive and his ego is wounded easily.
- ✦ He would do anything to please you... if he only knew what you wanted.
- ✦ You are the keeper of relationships.
- ✦ He wants you to be strong, happy, and have your own life.
- ✦ Women are very powerful in relationship and that you have the power to choose the man and the relationship you want.



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