

Loving in the Moment for \$2.99

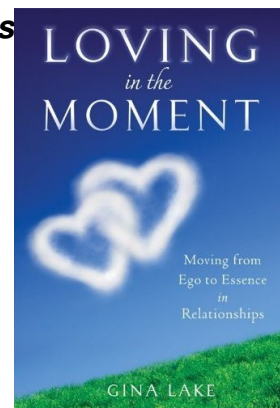
Written by Nirmala
Friday, 22 April 2011 21:58

We are happy to be self-publishing Gina's book, *Loving in the Moment: Moving from Ego to Essence in Relationships*.

This book was published recently by Hampton Roads, and now by self-publishing we can offer the Ebook version for just **\$2.99**

9 (formerly \$9.99). Follow the links below to buy it on Amazon's Kindle Store or Barnes and Noble's Nook Store. It is also available on Apple's iBooks, Sony Reader and Kobo ebook stores (just do a search for the title or Gina Lake). As always our books are also available in paperback on Amazon and other online retailers.

Loving in the Moment: Moving from Ego to Essence in Relationships



Find out how you may be sabotaging the love that is possible and what you can do to transform your relationship just by changing your relationship to your own thoughts. You have the power to determine how much love you will experience in any moment and in any relationship. Learn to unlock the love that is your true nature and express that in your relationship. *Loving in the Moment* offers a spiritual approach to finding love, asking us to acknowledge and then drop the preconceived ideas and judgments about others that get in the way of developing authentic relationships. *Loving in the Moment* offers profound insights and practical advice about finding your way back to love and, more specifically, about:

- How the ego interferes with love and happiness
- How to move beyond romantic illusions
- How to recognize, find, and sustain a meaningful relationship
- How to overcome anger, judgments, criticism, and resentment
- How to resolve common issues, such as infidelity, money, commitment, and sexual differences

Loving in the Moment for \$2.99

Written by Nirmala
Friday, 22 April 2011 21:58

- How to see the Divine in another

Exercises throughout provide an opportunity for practicing and integrating the information. This book was formerly titled *Choosing Love*, but it has been expanded since it was first released in 2007. 168 pages

"*Loving in the Moment* is filled with crucial ideas that help shed some much-needed light on the true nature of love and its higher possibilities."

-Guy Finley, author of *The Essential Laws of Fearless Living*

[Free PDF download of an excerpt from this spiritual book](#)

[Purchase a paperback of *Loving in the Moment* on Amazon.com](#)

[Purchase a Kindle ebook for \\$2.99 on Amazon.com](#)

[Purchase Nook version for \\$2.99 on Barnes and Noble](#)

[Purchase other formats for \\$2.99 including Epub and PDF on Smashwords.com](#)

Reviews of *Loving in the Moment*:

"This is by far the best book on conscious relationship written to date. Easy, short, and to-the-point, this amazing book transmits an energy while helping you get back in touch with your Essence. As a relationship coach and workshop facilitator, I thought there weren't any books that had new or better information. I was wrong. This one is full of practical understandings that help you see how your conditioning is often running the show, not Who You

Loving in the Moment for \$2.99

Written by Nirmala
Friday, 22 April 2011 21:58

Really Are. Whether with a partner or attracting your next relationship, this book will assist you immensely in deepening your experience of Self, coming back to your center, and making your relationship a win-win. This book transmits the wisdom that you can apply in this very moment to every relationship in your life, not just romantic ones!" -Dr. Talia Miller, relationship coach and workshop leader

About Gina Lake:

Gina Lake, Nirmala's wife, is a spiritual teacher who is devoted to helping others wake up and live in the moment. She has a master's degree in counseling psychology and over twenty years experience supporting people in their spiritual growth. Her books include *Radical Happiness*, *Embracing the Now*, *Anatomy of Desire*, *Return to Essence*, *What About Now? Loving in the Moment*, *Living in the Now*, and *Getting Free*.

Her website offers information about her books and consultations,

[free e-books](#)

, book excerpts, a free monthly newsletter, a blog, and audio and video recordings:

www.radicalhappiness.com.