



Choosing ME Before WE: Every Woman's Guide to Life and Love

By Christine Arylo

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Choosing ME Before WE: Every Woman's Guide to Life and Love By Christine Arylo

Full of sass, soul, and the type of empowering wisdom that no woman should live without, *Choosing ME before WE* is like a heart-to-heart with your closest girlfriend. And best of all, you'll discover that your closest girlfriend is your own truest self, inside you, always ready to offer wise, loving advice about what is best for you.

Designed to challenge and guide women to create the relationships they want instead of the ones they often find themselves stuck in, this book is packed with stimulating questions to uncover what's true for you, powerful techniques to change old habits that sabotage your dreams, and real-life experiences shared by the author, her friends, and her clients.

Author Christine Arylo, who almost married the wrong guy for all the wrong reasons, speaks to women of all ages, whether they're seeking a relationship, evaluating a less-than-fulfilling one, rebounding from a bad breakup, or working through issues with a partner. *Choosing ME before WE* teaches women to stop settling, to get real about the kind of partner they're looking for, and to start exploring and creating what they truly want in themselves and their relationships.

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Editorial Review

From Publishers Weekly

Author and life coach Arylo's own life story informs every page of this insightful book. After a 15-year relationship, her fiancé called it quits two hours before the engagement party, causing Arylo, a successful marketing executive, months of devastation and self-doubt. This three-part guide about co-dependent relationships, settling for the wrong man and not knowing what you want begins with Me, showing how crucial it is to get to know yourself first because our relationships are mirrors of ourselves. Arylo delves a little deeper than most by being honest about how many women are in denial about relationships being fueled by the fear of being alone and feeling incomplete. In part two (He), the author guides the reader through a series of visualizations to identify four core qualities the reader wants in her future mate, and part three (We) advises on maintaining authenticity and intimacy in a relationship. This exercise in intention-setting and manifestation will help any woman who wants a lasting partnership that reflects her own true self. (Mar.)

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Review

“A savory, sassy read for every woman seeking more than a fleeting fairy tale.”

— Kimberly Wilson, author of *Hip Tranquil Chick*

“With wit and wisdom, Arylo teaches us how to find the answers about love and relationships inside ourselves. From here we can accomplish our most heartfelt dreams.”

— Marcia Wieder, founder and CEO of Dream University®

“Christine Arylo offers the tips and tools a woman needs to fall in love with her ultimate soul mate: herself. And from that foundation, she can find a ‘he’ and create a healthy and supportive ‘we.’ Every woman should have *Choosing ME before WE* on her nightstand.”

— Christine Hassler, author of *20 Something, 20 Everything*

About the Author

A new kind of self-love expert, Christine Arylo, inspirational catalyst, takes a fresh approach to redefining self-love for today's woman as hip, hot, and hers. Arylo traded in twelve years of creating powerful images for brands like Visa and Gap, to inspire women to bust through their limiting self-images and self-expectations. As an author, speaker, and coach, Arylo is an expert at helping women get the success and happiness they want by living and loving their most real and wise selves first.

Users Review

From reader reviews:

Catherine Gabel:

Choosing ME Before WE: Every Woman's Guide to Life and Love can be one of your basic books that are good idea. Many of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining however delivering the

information. The writer giving his/her effort to place every word into enjoyment arrangement in writing Choosing ME Before WE: Every Woman's Guide to Life and Love however doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information could drawn you into fresh stage of crucial imagining.

Samantha Williams:

In this time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is Choosing ME Before WE: Every Woman's Guide to Life and Love this reserve consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The words styles that writer value to explain it is easy to understand. The particular writer made some exploration when he makes this book. That's why this book suited all of you.

Daniel Starnes:

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Annie Hiatt:

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