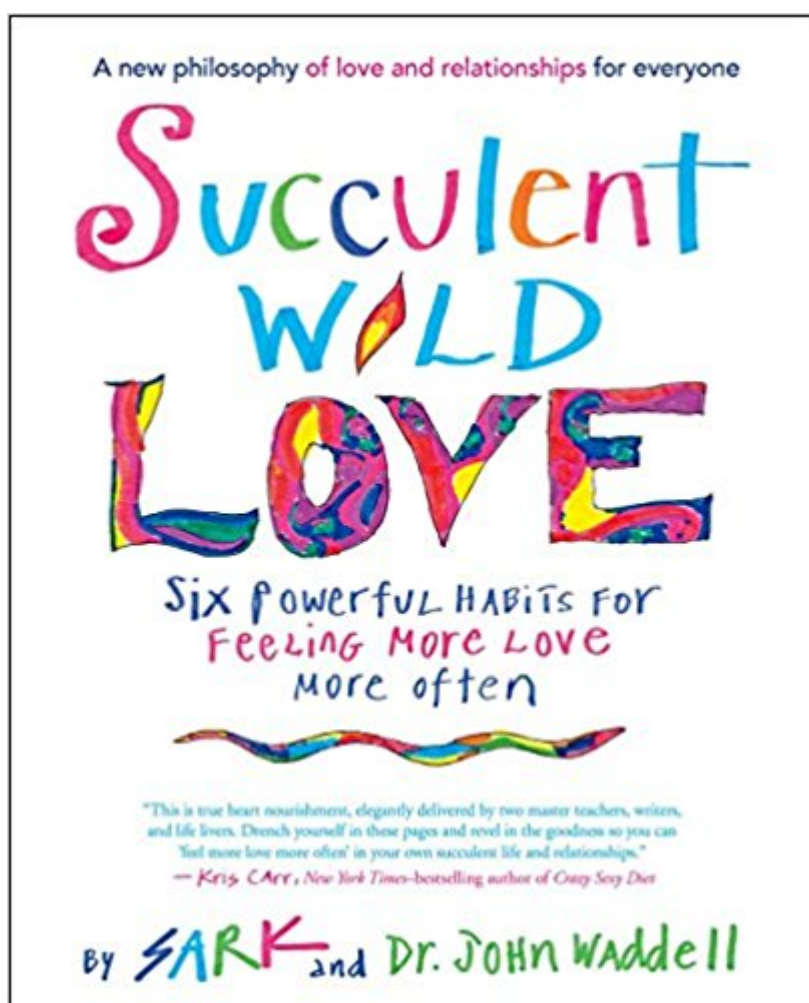


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# Succulent Wild Love: Six Powerful Habits For Feeling More Love More Often



## Synopsis

A new philosophy of love and relationships for everyone Relationships do not require compromise or sacrifice You can create joyful solutions instead SARK has made a career out of sharing her personal, journal-like writings and art, and inspiring others with her vulnerable and honest journeys toward self-acceptance. She has helped her legions of fans craft lives filled with joy, creativity, and self-love; and she even married herself in a "statement of self-liberation" described in Succulent Wild Woman. And yet SARK had one big secret wish: overcoming her fears to commit to an intimate life partnership. So she embarked on a "Covert Love Operation," and, after much soul-shaping, it culminated in her meeting psychologist and spiritual teacher Dr. John Waddell; and discovering Succulent Wild Love. They now teach and mentor together using the principles in this book; six powerful habits that can transform any relationship or open you to create the partnership you want. Over 175 pieces of SARK original art included

## Book Information

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## Customer Reviews

"This is true heart nourishment, elegantly delivered by two master teachers, writers, and life givers. Drench yourself in these pages and revel in the goodness so you can feel love more often in your own succulent life and relationships." —Kris Carr, New York Times bestselling author of Crazy Sexy Diet "Succulent Wild Love had me at hello! This book is loaded with heart-opening (and sometimes -wrenching) real-life

truths about what it takes to truly love and be loved. It's amazing!;

Christiane Northrup, MD, ob/gyn physician and New York Times bestselling author of *Goddesses Never Age* and *Women's Bodies, Women's Wisdom*; Finally, a relationship book unlike anything you've read before. I'm so excited to reread this book, which felt like a party, a healing retreat, and a possible bible, all in one!;

Tama Kieves, author of *This Time I Dance!* and *Inspired & Unstoppable*; If you have ever been in love, yearn to be in love, or have fallen out of love, this brilliant, heartfelt, thorough, and joyful book will help you find your way to a divinely loving relationship. Everything you need to know and do to love and be loved is here!;

Alan Cohen, author of *Don't Get Lucky, Get Smart*

SARK (Susan Ariel Rainbow Kennedy) is a bestselling author, artist, and teacher. She comes from a background of creative expression and inspires others through her teachings in her 16 bestselling books, products, and programs to support empowered living. SARK's purpose is to be an uplifter, a transformer, and a laser beam of love. She does that through her art, words, and spirit. For over 30 years, Dr. John Waddell's work has focused on helping individuals and couples lead happier lives. Whether in his clinical psychology practice or in his teaching of metaphysics, his approach has been to provide concrete tools and practices that help people create the lives they want.

This was an extraordinarily meaningful and beautiful book. I've read SARK for years and I heard hear say at a book event how she feels this is her best book and while all of them feel like her best books, I see what she means because there are so many relationship books out there- and wonderful ones too- but this is the most personally heartfelt, beautiful, moving, wise, and inspiring book I have read on the subject. As a couples therapist, I also find myself recommending it more than any other book now, sharing passages with couples I work with, and giving it away to my couples getting married. For so long, I have worked with couples to help move them from gridlock to dialogue but just one example of what I loved in the book was the chapter on "Joyful Solutions" where no one has to compromise with dread and drudgery. This has enlivened my work and my clients' lives in ways I hadn't imagined were possible before with their transformative views on the idea of compromise. This book is both light-hearted while simultaneously containing such tremendous depth and understanding about what makes it historically so tough to be a "we." .

These are authors who met later in life and share so honestly and openly about the trials and

triumphs of past relationships and their relationship with one another. They go back and forth in their own voices sharing how they move through their own stuck places within themselves and between each other. What I most got out of it is that they invite a whole different way to be in the world and arena of intimacy with courage, humor, vulnerability, hope, and an open, generous heart. This was a profoundly original and inspiring piece of work. A gift really to all of us who long for genuine ways to live in joy and peace in our relationships. There was so much to remember in this book I was afraid to forget that I got tabs for different themes, and ended up highlighting and tabbing basically about three quarters of the book. Its extremely "worn in!" So, yes, I highly recommend it!

I've loved SARK for years and her latest book with her beloved John is another playful visual and spiritual feast. No matter where you are in relationship this book has honest wisdom about the realities of creating intimate loving relationships. The stories, wisdom, and profound practices will help you open your heart, understand and love yourself more, celebrate your differences, and create a conscious loving relationship that honors both of you. Give yourself the gift of these amazing guides.

This book was a real eye opener for me. The chapters on dealing with your inner critics and how to make joyfull solutions instead of simply compromising were LIFE CHANGING! I can highly recommend this book to anyone, its not just for couples, you can use the practical advice contained in this book for ANY of your relationships and they will be all the better for it. A really fun, easy to read and understand book. And, the art ain't bad either. . .

What a wonderful book! With her fantastic humor and wit, SARK shares her adventures in finding her soul mate, John. She gives brilliant advice about getting to know yourself and opening yourself to finding love. A true joy to read.

This book lived up to it's title and more. Every chapter felt like I was being held in a happy, loving embrace. It ran ahead eager to show me what is possible and then came back to sit with me when I doubted I could find my way. Full of joy and practical practices that feel real and true and doable, I can't wait to read it again (and maybe again and again), until I can have what they're having.

The best relationship advice comes from those who are gentle and honest with readers. In their first book collaboration, SARK and John Waddell are those honest, gentle guides. They not only give

solid advice. They give it from a place of refreshing openness. Sprinkled among their tips for jumping relationship hurdles are stories of their own challenges. What makes that so refreshing is their different perspectives on the same stumbles. They also include relationship stories from other couples. The result is a book that is practical, believable and encouraging. We all wander the labyrinth when it comes to our relationships, with ourselves and our loved ones. We take wrong turns, double back, try again. Sometimes we want someone else to hold a light on the path. This couple holds it high, showing love's shadows as well as its joys. Whatever your own relationship history, you will find friendly, useful, believable resources in this book. I read the Kindle version, which managed to incorporate some of the colour and whimsy of SARK's earlier books. It also links back and forth throughout the book and to a website where additional resources are gradually appearing. Succulent Wild Love is a welcome companion for anyone wanting the most out of relationships and life.

Great Book! Great Service!

If you haven't read any of Susan Ariel Rainbow Kennedy's books, you should begin your journey now. You will be swept away by her insight into human experience, creative art, light and the power of love,

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