



Valentine's Day often celebrates romance and love, but for those who are single, divorced, or widowed, it can also be a time of loneliness and heartache. It's a day where the focus is on love, but shouldn't that be our focus year-round? And what does it truly mean to love?

I think about how God loves us in John 3:16: "For God so loved the world that He gave His only Son, so that everyone who believes in Him may have eternal life, instead of being utterly destroyed."
In this passage, love is an action.

Take time to consider how you can put love into action to bring hope and healing to others. The greatest commandment from God is:
"Love the Lord your God with all your heart and with all your soul and with all your strength." And the second is like it: "Love your neighbor as yourself."
(Matthew 22:37-39)

Jesus said, "Greater love has no one than this, that a person lay down his life for his friends." (John 15:13)



Get ready to take your communication skills to the next level! Next quarter, our newsletter will be packed with tips, strategies, and insights to help you communicate more effectively in any setting.

Stay tuned for:

- Practical tips to enhance clarity and confidence
- Insights on building stronger relationships through conversation
- Links to my podcast series and blog posts on Effective Communication

February's Blog Highlights:
Midlife Losses and Reinvention
(posting 2/1)

Secrets, Lies, and Redemption Part 1
(posting 2/15)

[Read More](#)

This month on 2/7 & 2/21:
A Practical Guide to Learning Love
Part 1 & 2 with Guest Mark Hicks



Dr. Hicks and I explore the intricacies of love and relationships through practical advice, real-life stories, and psychological insights. Whether you're trying to deepen your connections, improve communication, or simply understand the many facets of love, this guide is here to help!

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Product Spotlight: Alexa Martha Designs

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