



# 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.

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Woman's Guide to Life and Love will make you to become smarter. You can feel a lot more confidence if you can know about everything. But some of you think that will open or reading a new book make you bored. It is far from make you fun. Why they are often thought like that? Have you searching for best book or suitable book with you?

**Celia Norton:**

The feeling that you get from Choosing ME Before WE: Every Woman's Guide to Life and Love is a more deep you rooting the information that hide into the words the more you get considering reading it. It doesn't mean that this book is hard to recognise but Choosing ME Before WE: Every Woman's Guide to Life and Love giving you buzz feeling of reading. The author conveys their point in a number of way that can be understood by anyone who read it because the author of this book is well-known enough. This specific book also makes your current vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having that Choosing ME Before WE: Every Woman's Guide to Life and Love instantly.

**Bernard Walker:**

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**Paulette Preston:**

That publication can make you to feel relax. This book Choosing ME Before WE: Every Woman's Guide to Life and Love was multi-colored and of course has pictures around. As we know that book Choosing ME Before WE: Every Woman's Guide to Life and Love has many kinds or category. Start from kids until young adults. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book are generally make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading that.

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