

## Resources for Finding Inner Peace: Real Love Small Group and Prepare Enrich

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### Real Love Small Group

Do you want to learn to love more unconditionally and to have more fulfilling relationships? The truth is that this journey begins by learning to love and accept ourselves. You deserve peace, joy and happiness in your life. To discover more about this for yourself in a safe, supportive environment, join me for a free four-week zoom group starting Wednesday, July 15 from 8-9:30 pm ET.

Each session will begin with a short presentation about one of the Real Love principles: learning to tell the truth about myself, recognizing my getting and protecting behaviors, understanding imitation love and why we settle for it, the law of expectations, the law of choice and more. The remainder of the time will be spent putting them into practice. For more information and to sign up, go to [www.coachmyrna.org/](http://www.coachmyrna.org/)

After the 4 week group, you can choose to join a Real Love in Parenting or Real Love for Wise Men and Women group for a small fee.

### Prepare Enrich

I am a facilitator for an amazing program to help couples prepare for or strengthen their marriage. With the mission to equip couples, and families with evidence-based skills and insights to foster healthy relationships, PREPARE/ ENRICH begins with an online self-assessment.

I will then guide you through four coaching sessions to understand what the assessment has revealed and give you resource tools to practice and develop better communication and connection.

All of this can be done online from the comfort of your home. The cost is \$300/for the online self-assessment and 4 coaching sessions. However, I am offering four couples a special introductory offer of \$100. Be one of the four to contact me and get started: [www.coachmyrna.org/](http://www.coachmyrna.org/)

To find out more about me, visit my website and explore the other resources I offer to support healthy, happy individuals and families: [www.coachmyrna.org/](http://www.coachmyrna.org/)