



The Essentials of Real Love Workbook

By Greg Baer

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The Essentials of Real Love Workbook By Greg Baer

This is the companion workbook to the Essentials of Real Love DVD or CD. In the workbook Greg teaches additional principles of Real Love, but more importantly he provides questions, examples and exercises that will change your life. This is where you learn the practical application of Real Love. You will learn the secret of finding and giving Real Love, how to speak the language of Telling the Truth, how to eliminate anger and fear from your life, how to discover the joy you've always wanted, and new principles about how to better love others. With Real Love, nothing else matters; without it, nothing else is enough.

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Editorial Review

Review

I have read all the books and heard all the great speakers, but Greg just blew me away! Real Love is the missing piece. What a seminar. What a presenter! This has changed my life. Thank you. --A Smith, Georgia

Watching the DVD's along with this workbook are essential just as the title says. Essential to changing your life. There is no-one else who teaches like Greg and he has found the one key that everybody else misses or does not understand. Greg explains how the missing ingredient -unconditional love - can be learnt about and implemented in all our lives - we just have to know about it first and then practise it first. This workbook gives practical examples of what we should all be doing to change our marriages, our relationships, the happiness of our children and ultimately our own happiness. Everyone on the planet needs to learn this stuff --P Uglow, UK

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About the Author

For twenty years, Greg Baer, M.D. was a highly successful surgeon, teacher, civic and church leader, and entrepreneur. He taught in medical schools, lectured other physicians, and accumulated wealth and respect. But despite all those accomplishments, he felt empty and unhappy. He became a drug addict and nearly committed suicide. In his subsequent search for genuine happiness, he learned some principles that have changed the lives of hundreds of thousands.

After Dr. Baer retired from one of the busiest solo ophthalmology practices in the United States, he began a new career of writing, teaching, and speaking. He has:

Written many books about relationships, marriage, and parenting. *Real Love - The Truth About Finding Unconditional Love and Fulfilling Relationships* AND *Real Love in Marriage - The Truth About Finding Genuine Happiness Now and Forever* were published by Gotham Books, a division of Penguin Group (USA) Inc.

Other books by Dr. Baer include: *Real Love in the Workplace* *The Power of Real Love - How Real Love Has Changed Real Lives* *Real Love for Wise Men and Women - The Truth About Sharing Real Love* *Real Love in Dating - The Truth About Finding the Perfect Partner* *Real Love in Parenting - Nine Simple and Powerfully Effective Principles for Raising Happy and Responsible Children* *Real Love and Freedom for the Soul - Eliminating the Chains of Victimhood*

Produced the three-CD audio series, *The Truth About Love and Lies*

Produced the 6 DVD set (and CD set) with Workbook, *The Essentials of Real Love*

Appeared on over 1500 radio and television programs from coast to coast.

Counseled personally with thousands of individuals and couples, sharing with them the benefits of Real Love.

Conducted seminars and corporate trainings and delivered speeches to audiences across the country where he has taught the principles of Real Love.

Developed a comprehensive website which allows visitors and subscribers to continue their Real Love

education in multiple ways, including daily video coaching, online video webcasts, moderated chat rooms and much more.

Dr. Baer and his wife, Donna, are the parents of seven children and live in Rome, Georgia.

Users Review

From reader reviews:

Daniel Reynolds:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book titled The Essentials of Real Love Workbook? Maybe it is to be best activity for you. You realize beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have various other opinion?

Keith Taylor:

The feeling that you get from The Essentials of Real Love Workbook is the more deep you rooting the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to comprehend but The Essentials of Real Love Workbook giving you enjoyment feeling of reading. The author conveys their point in particular way that can be understood simply by anyone who read it because the author of this reserve is well-known enough. This kind of book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this kind of The Essentials of Real Love Workbook instantly.

Todd Goff:

Typically the book The Essentials of Real Love Workbook has a lot of information on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Tom makes some research before write this book. This book very easy to read you can get the point easily after reading this book.

Ralph Scott:

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