



# The Love Mindset: An Unconventional Guide to Healing and Happiness

*Vironika Tugaleva*

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After a decade-long struggle with mental distress, addiction, eating disorders, and profound self-hatred, Vironika Tugaleva faced a choice: change or die.

Reluctantly, she chose to change. Nothing could have prepared her for what came next. Vironika's life as a suffering cynic ended when she found herself having a spiritual awakening.

Drawing from first-hand experience, what Vironika says in this important and timely book isn't fanciful fluff or indoctrinating dogma. Her approach to healing, love, and spirituality is unconventional, deep, and refreshingly real.

Winner of the Silver medal for best self-help book of 2013, *The Love Mindset* offers a surprisingly simple look at how we can heal our relationships with ourselves and with each other.

If you feel like you're too broken to fix, hold out your last shred of hope and give Vironika a try. She won't disappoint you. She will teach you about the power of love, the purpose of life, and the potential of people united. She will show you to yourself.

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