

“Envision the Freedom of Not Being Dependent on What Other People Feel About Us to Feel Good About Ourselves? Now That is True Self Love!”

“ The relationship that we have with ourselves is singularly the most important relationship that we will ever have ”

“ Appreciation is a way for us to engage and indulge our senses as we milk a wonderful moment. Allowing is remaining in our own connected state as we allow others to do the same. We all get to do what feels good and correct for ourselves. The Ever-Loving Essence of You encourages readers to reconnect with their best self, desires and dreams. ”

Chicago ([Vocus/PRWEB](#)) January 29, 2010 -- Imagine feeling joyful and connected to your sweetest self at all times. The best and most romantic relationships that you will ever have, according to Jamie Lerner and Lauren Targ, authors of the new book *The Ever-Loving Essence of You*, begin with the relationship that you create with yourself. The authors include illuminating tools for joyous living in the book.

Jamie Lerner lives and breathes the teachings of Abraham (Esther and Jerry Hicks). She has co-created a beautiful family, received her MSW from Loyola University, and has traveled the world, exploring all types of spiritual healing modalities.

As a therapist, Jamie has developed what she refers to as an [integrative approach to well-being](#). Jamie Lerner is masterful in her ability to assist clients in re-creating a loving relationship with themselves. She is also a passionate, amateur adult equestrian rider on the AA horse show circuit. She has an insatiable appetite for pleasure, beauty, and joy; and often refers to herself as a true “pleasure junkie.”

Lauren Targ has worked in the theater as an actor, director and writer. She spent several years in the film business working as an art director. Her art installations have been shown in galleries and museums around the country. Her most recent work comprises a collaborative on-going audio piece entitled, “[The Crush Project](#).”

Lauren is trained in many healing techniques and is a certified Reiki master healer. Her natural knack for counseling, healing, and motivating led her to her current positions teaching and advising at Columbia College Chicago, where she earned her M.F.A. in Interdisciplinary Arts.

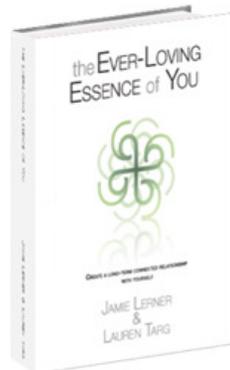
The *Ever-Loving Essence of You* is rich with enlightened information presented in a gentle and loving way. The authors invite you to give yourself the greatest gift of all, and that would be the gift of self-love.



Jamie Lerner



Lauren Targ



To Order *The Ever-Loving Essence of You* please visit <http://www.ever-loving.com>

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