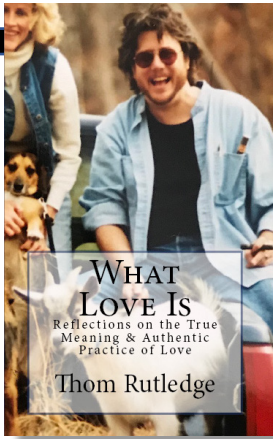


## Readers' Responses to WHAT LOVE IS



*Thom, I started dog-earing pages, and then realized that I had dog-eared 80% of the pages. I Love it!! Bought 6 more copies to gift. Thank you, Brother!* -Jimmy Hilton, Business Owner, Entrepreneur

Thom Rutledge puts one of the most complicated subjects into surprisingly simple terms. Simple, yes, but packed with deep insight, bite-size wisdom and action steps ready for the pro-active reader to put to good use. -Sherry Gaba, LCSW, Author of *The Marriage & Relationship Junkie: Kicking Your Obsession*

I have often wished for a manual in my own marriage and now here it is, direct and to the point, like Thom. *WHAT LOVE IS* often reads like poetry but it addresses the decidedly unpoetic daily work of devotion in carefully chosen words that are full of essential content, challenge and compassion. This is a 'bedside

table book' rather than a 'bookshelf book'. Thanks, Thom, for the reminders of what matters. -Ashley Cleveland Grammy Award Winning Songwriter & Author of *Little Black Sheep*

Thom's gift is to enlighten, inspire & entertain simultaneously. I think *What Love Is* is his best yet - Bill O'Hanlon, Featured Oprah Author of *Do One Thing Different*

What a beautiful book! All the noise of today has been removed and Thom gets right to the heart of the matter. I read it all in one sitting this time through. Some parts made me laugh, some moved me to tears and many made me want to explore the ideas in more depth. It is a wonderful workbook with something in there for everyone, no matter where you are in your journey of love. Thank you, Thom, for sharing your wisdom and insights with us all. I have been working on opening up to receive love so I will be going back to those pages soon. Thank you for asking me to read this. It was Divine Intervention for sure. -Natalie Soriano, Divinity Student

Thom has done an incredible job defining love-in-action. Each offering in this book is presented in a very simple way that settles deeply. You will want to read this book again and again. -Emily Francis, Author of *Stretch Therapy* and co-author (with Melanie Marquis) of *Witchy Mama*

Thom's delightful reflections bring you precious practices to be with what love really is. Give this book to yourself first then share the love freely! -Gina Ryan, The Anxiety Coaches Podcast

Love, as a concept, can be so beautiful unless you grew up in a dysfunctional setting and learned what love is not.. I've searched for love only to find that it begins within me and flows outward., a process of giving and receiving. Thom has assisted me in the learning. This book is a reminder for me of lessons learned that sometimes I forget, a teacher of different ways to understand, a reminder of where I want to be emotionally and spiritually. It is honest, insightful, comforting and hopeful. Thanks Thom for sharing what touches the soul. Keep writing!! -Pat Hatfield O'Donnell

There are times I've read books listened to lectures and felt discouraged about my emotional maturity, confused about relationships, connection and communication. This book was different. I felt as if a dear friend sat down and shared that "Love is real" that it's value unfolds joyfully, painfully, humbly and courageously. I felt a blanket of warm reassurance. Please read this book. It nurtures trust, an ingredient we can welcome in this world today:) Thank you Thom Rutledge! -Beth Easter, Counselor and Storyteller

Easy to read. Each page has a theme and it all rolls along with speedy grace. Reminds me of a couple of Thich Nhat Hahn and Pema Chodron books that I keep close by for rereading and re-re-re-reading. It's the kind that you might open at any random page and get a dose of know-how and joy. A perennial reference. Jefferson Ross / Southern Folk Artist/Musician

I LOVE this book. The topic is the most written about and complex emotion ... or do we just make it complex? Thom has a way of gently reminding the reader to do the things in a relationship and in life that will help us achieve the results we yearn for. His chapters are filled with timeless introspective lessons learned from his own relationships that he shares with humility, encouragement, grace and best of all, his trademark humor. Great combination! -Laura Niedringhaus, Beacon House / Director of Business Development & Outreach

Love -- .loving yourself, your partner, your children, your family, your friends, your pets, your work and so on is usually met with various rules we have depending on the situation and who we should/could or do love. *What Love Is* gives us the permission and tools to explore our desire to define love for ourselves, authentically but more importantly, it provides us the opportunity to "feel love" and to "make love happen". -Cheryl Kerrigan, LCSW, Author & Speaker