



Quantum Love: Use Your Body's Atomic Energy to Create the Relationship You Desire

Laura Berman

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Falling in love is a thrilling, transcendent experience . . . but what about staying in love? Once the intense excitement of a new relationship starts to fade, you may think your only options are to somehow recapture that early magic or settle for a less than fulfilling love life. Now love, sex, and relationship expert Laura Berman, Ph.D., taps the latest scientific and metaphysical research to offer an inspiring alternative: a higher level of love beckoning you to move forward, not backward.

Using the essential truth we've learned from the study of quantum physics—the fact that at our molecular core, each of us is simply a vessel of energy—Dr. Berman explains how you can use what's happening in your inner world to create a level of passion, connection, and bliss in your relationship that you've never imagined possible. Drawing on her clinical practice and case studies as well as her personal journey, she guides you to:

- Plot your unique energetic frequency of love with her Quantum Lovemap
- Work consciously with the energy of your body, heart, and mind
- Make four key commitments designed to raise your energetic profile
- Bring your frequency into harmony with your partner's so that you can grow together
- Learn how to have Quantum Sex (which is every bit as good as it sounds)

Quantum Love is the best possible experience of love, and it's available to absolutely everyone, whether you're seeking a mate, in a relationship that's struggling, or just finding that love has turned lackluster through the stresses of life. You can't go back to the honeymoon phase, but there is something so much better within your reach. Quantum Love lets you reach new heights of intimacy as you gain a fuller sense of purpose in life and love.

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Date : Published February 9th 2016 by Hay House, Inc.

ISBN : 9781401948832

Author : Laura Berman

Format : Hardcover 392 pages

Genre : Spirituality, Nonfiction, Psychology

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Relationship You Desire Laura Berman

From Reader Review *Quantum Love: Use Your Body's Atomic Energy to Create the Relationship You Desire* for online ebook

Lorilin says

I remember seeing Laura Berman on Oprah a few times. I really liked her relaxed and straightforward approach, especially when it came to sex. She never seemed afraid to discuss somewhat risqué topics, and I respected that. I wasn't sure what to make of a book called *Quantum Love*, but once I realized she was the one who wrote it, I was willing to give it a try.

The backstory to this book is that Berman was diagnosed with breast cancer shortly after her own mother died of the same disease. Needless to say, this freaked her out. She began researching not only how to beat cancer, but how to thrive while having it. Eventually she began studying quantum physics--which is really just to say that she became interested in the idea that we are all made up of energy and that we can manipulate that energy for good or for bad. So *Quantum Love* is basically a summary of what she discovered through her research while fighting cancer.

This book is weird. Let's just acknowledge that from the start. It's all about manipulating your own energy and getting in tune with your partner's energy and getting your stuck chakras unstuck. I think these ideas are more widely known and accepted now, but they aren't traditional, by any stretch. I suspect that a lot of people are probably going to find the content of *Quantum Love* to be strange.

But that's okay! Different strokes. Personally, I love stuff like this. I've always believed there was something else, something bigger, drawing us together, pulling us apart. So maybe Berman's ideas about manipulating energy are unconventional, but they still feel mostly common sense to me.

The book is divided into eleven chapters. The first two chapters introduce the concept of quantum love and help you figure out what type of energy profile you have. Then there are four chapters outlining the "commitments" you must make in order to achieve quantum love, each with their own introductory chapters preceding them:

Commitment 1 - I will take responsibility for the energy I bring into my relationship.

Commitment 2 - I will get clear on what I want out of love.

Commitment 3 - I will take responsibility for my body's energy.

Commitment 4 - I will realize when I am stuck and will shift my energy into a more positive place.

The last chapter is about sex, and while it isn't as exhaustive as some of her other books (like *Real Sex for Real Women*), it is still interesting and informative.

Quantum Love is advertised as a book about love relationships, but anyone (single, married, dating, etc.) can benefit from it. It's really just about getting your own self back on track. There are lots of different meditations in here, lots of exercises to encourage positive thinking. The energy talk may scare some people, but, at its heart, this book is about teaching you how to decrease anxiety, advocate for yourself, connect with others, and get in tune with what it is you want out of life. I didn't know what to expect from this book, but I ended up really enjoying it.

If you do end up liking this one, I'd suggest checking out another slightly weird book called *The Energy Cure: Unraveling the Mystery of Hands-On Healing*. It's totally bizarre and also fascinating.

Stephanie Davis says

Life changing. Yes, the cover and title are cheesy. Look past this. She explains the whole energy work concept in a way I finally understood. I still have daily practices gleaned from this book that have shifted my world in big ways. I'm single. Yet, still found it helpful for my relationship to friends and family. Recommend this to everyone who will listen. Have sent to friends many times over, and will continue.

Liza says

I'm not usually a big self help reader but I've been reading a few lately and this one I found very insightful. While I am not really going to do the exercises, the discussions and the explanations I feel are very applicable to my life. A much more interesting read than I anticipated, and I highlighted and marked quite a nag for future reference'

Chai4mom says

This book is full of information, exercises and meditations that not only expand and enrich relationships with others but with yourself as well. Dr Berman took a new tack with this book and I'm so happy that she did. She brings her researcher orientation to the art of quantum physics, manifestation and intuition that gives it credibility and clarity.

My biggest complaint is that she didn't include an index for greater ease in finding info if, like me, you got interrupted while reading and needed to be refreshed on some of the terms she uses.
