



Love Your Life: Living Happy, Healthy, and Whole

By Victoria Osteen

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Love Your Life: Living Happy, Healthy, and Whole By Victoria Osteen

The instant *New York Times* bestseller by Pastor Joel Osteen's wife offers insight, advice, and inspiration for women everywhere.

So what does it mean, to *Love Your Life*?" asks Victoria Osteen. "Loving your life is being willing to make changes, to let go of old ways and unhealthy habits so that you can be the best you can be. It's about having the right perspective and understanding the value of who you are and what you have. It's learning to love others and learning to love yourself so that you can get more out of your relationships. It's about recognizing the gifts that God has given you and making the most of those gifts."

With all of the pressures of the modern world, women have had to deal with an increasingly daunting array of issues—from their kids' school and sports to their own health and finances and faith. Too often, they have to deal with these matters by themselves. The woman's role is not an easy one, but as Victoria Osteen shows, with her trademark passion, energy, and optimism, it's far from impossible. Women can find balance and joy and hope, and become better wives, mothers, daughters, sisters, and friends in the process.

Like a trusted friend, Victoria shares her own personal life experiences and the stories of those who have inspired her. Outlining a simple plan for saying "yes" to life's blessings, she shows readers how they can overcome their fears, and the incredible things they can accomplish when they do.

A *New York Times* bestseller in hardcover, *Love Your Life* will encourage a whole new universe of readers to accept the gift of who they were meant to be and discover how to live happy, healthy and whole.

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Editorial Review

Amazon.com Review

Do you ever feel like your life is moving at the speed of light? Are you constantly trying to keep up with all of your commitments and responsibilities? In this day and age when modern communication and technology cause our lives to move faster than ever, many people struggle to strike a balance between all the segments of their lives--family, friends, career, social obligations, and self.

As co-pastor of Lakewood Church--America's largest church--Victoria Osteen understands intimately how day-to-day responsibilities can pile up and at times feel overwhelming. As a wife and mother, she sets the tone for her household and acts as a role model for her family. As a minister, she reaches out to an enormous community of people who look to her for guidance, strength, wisdom, and encouragement. She knows as well as anyone that operating in so many different roles can be extremely demanding, yet she has managed to find balance, living her life in the unforced rhythms of grace. If you ask her, she'll tell you that she loves her life and she wants you to love your life, too.

No matter where you are in your life, no matter what responsibilities you may carry, you can find peace, balance, and enjoyment in every area of your life; but it all starts with you. You have more power inside you than you realize; all you have to do is learn to tap into what you already have! As you begin to recognize your own abilities and influence, and use them in healthy ways, all the other areas of your life will fall into order.

In *Love Your Life*, Victoria shares from her personal life experiences and her journey of faith the lessons she's learned that have made her the woman she is today. As you read, you'll feel like you're in a conversation with a trusted friend as Victoria shows you how to tap into all that God has given you to live effectively--as a positive influence on the world around you. You'll be inspired by stories of victory and challenged to live at a higher level. You'll read about people who have accomplished incredible things by overcoming their fears, and people who have changed the world around them by simply recognizing their own value.

A life well lived does not come easily; you have to set out for it, look for it, and make it happen. *Love Your Life* shows how to turn the challenges of each day into opportunities to love and appreciate all that you are.

A Word From Victoria Osteen

Dear Amazon Customer,

I am very excited to be working with Amazon.com as an online bookseller and partner for the publication of my new book, *Love Your Life*. As a leader in e-commerce, Amazon.com is an informative and innovative online resource. Get ready to embark on a remarkable journey. I truly believe women who read this book will be empowered and begin to realize their true higher purpose. Make no mistake: Happiness is achievable. My new book outlines a simple plan for saying "yes" to life's bountiful gifts and allowing them to enrich you in every aspect of your life as a mother, sister, daughter or friend. I am confident reading this book will help you embrace the choices in front of you each day; whether it's learning how to balance career, family and relationships, or coping with matters of faith and health. Be encouraged, accept the gift of who you were meant to be and discover how to live happy, healthy and whole.

Believing for God's Best,

Victoria Osteen

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