



# To Love and Be Cherished Workbook: A 10 Session Study for Single Women

*Kirsten E. Vogel*

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## **To Love and Be Cherished Workbook: A 10 Session Study for Single Women** Kirsten E. Vogel

Why does dating have to be so painful? You yearn for that one true love but cannot find him. Are all the good ones taken? You open your heart to someone, expecting to be loved and cherished forever. Instead, you find yourself in unhealthy relationships, feeling dejected and devalued. And you're left wondering... "Why do I keep picking the WRONG guys?" "Is there something wrong with me?" "Am I expecting too much?" You ARE valuable and worthy of great love! Use this Workbook in conjunction with the "To Love and Be Cherished" book to take your reading into action! You'll find thought provoking questions and a place to capture your commitments and thoughts. Consider it your Journal Plus. Move through it with the support and encouragement of a CARE group, a mentor, your parents, or on your own. This Workbook provides the formula to seek healthy relationships, so you can enter the dating world with:

- A belief that, "I don't need to validate my worth through dating or a man."
- An unwavering foundation of "I am already loved."
- Biblical principles attached to practical real world realities.
- A heart that zings for the right kind of man and a commitment to looking for "the" one...and accepting nothing less.

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