

Sara Gottfried Hormone Cure

Prescription for Happiness
 The Hormone Cure
 The Hormone Cure
 Younger
 A Patient's Guide to PCOS
 The Complete Body Hormone Reset Diet
 The Balance Plan
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 The Adrenal Thyroid Revolution
 Fix Your Period
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 The Hormone Cure
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 Balance Your Hormones, Balance Your Life
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 Hormone Harmony Over 35
 The Happy Hormone Guide
 Women, Food, And Hormones

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Prescription for Happiness Simon and Schuster

New York Times bestselling author Dr Sara Szal Gottfried reveals how trauma can rewire your body to trigger autoimmune diseases - and provides a comprehensive plan to reset your immune system and finally heal We know that autoimmune disease - a condition when the body's immune system attacks its own healthy tissue and cells - affects millions of people worldwide. But as New York Times bestselling author Dr Gottfried explains in this eye-opening new book, autoimmune disease may be even more pervasive than we realise - and its cause may surprise you. Conventional medicine falls short when it comes to both diagnosing and treating autoimmune disease. Many people suffer from mysterious symptoms like severe fatigue, brain fog, aches and pains, feelings of tingling and numbness, stubborn weight gain, abdominal pain, digestive problems, hair loss, insomnia, and even anxiety, and don't realize their immune system is at the

root of their symptoms. In her precision medicine practice, Dr Gottfried noticed a seemingly unusual pattern: many of her patients who suffer from autoimmune disease and symptoms have a history of trauma. Emerging research shows that up to 80 per cent of patients with autoimmune disease experienced significant emotional distress before getting sick. With *The Autoimmune Cure*, there is hope on the horizon for the tens of millions of people who suffer from autoimmune disease. Dr Gottfried has created a powerful programme designed to break the vicious cycle of autoimmune disease, reset your immune system and restore your health, with advice on diet, sleep, supplements, breathwork, microbiome restoration, somatic therapy and much more. *The Autoimmune Cure* offers a road map to lasting relief from autoimmune disease by addressing the underlying cause of the condition and healing the body, mind and spirit.

The Hormone Cure Harper Collins

New York Times best-selling author Dr. Sara Gottfried shares a new, female-friendly Keto diet that addresses women's unique hormonal needs, so readers can shed pounds and maintain the loss more easily. Most diet plans were created by men for men, but women's bodies don't work the

same way. Popular programs can actually make it harder for women to lose weight, because they can wreak havoc on a woman's complex and delicate hormonal system. New York Times best-selling author Dr. Sara Gottfried has spent her career demystifying hormones and helping patients improve their health more broadly with personalized medicine. In *Women, Food, and Hormones*, Dr. Gottfried presents a groundbreaking new plan that helps women balance their hormones so they can lose excess weight and feel better. Featuring hormonal detoxification combined with a ketogenic diet that is tailor-made for women, coupled with an intermittent fasting protocol and over 50 delicious and filling recipes, this book shares a fat-burning solution that gets results.

The Hormone Cure HarperCollins

New York Times bestselling author Dr. Sara Gottfried reveals how trauma can rewire your body to trigger autoimmune diseases—and provides a comprehensive plan to reset your immune system and finally heal. We know that autoimmune disease—a condition when the body's immune system attacks its own healthy tissue and cells—affects about one in ten Americans, or 24 million people, with prevalence increasing worldwide. But as New York Times bestselling author Dr. Sara Gottfried

explains in this eye-opening new book, autoimmune disease may be even more pervasive than we realize—and its root cause may surprise you. Conventional medicine falls short when it comes to both diagnosing and treating autoimmune disease. Many people suffer from mysterious symptoms—like severe fatigue, brain fog, aches and pains, feelings of tingling and numbness, stubborn weight gain, abdominal pain, digestive problems, hair loss, insomnia, and even anxiety—and don't realize their immune system is at the root of their symptoms. In her precision medicine practice, Dr. Gottfried noticed a seemingly unusual pattern: many of her patients who suffer from autoimmune disease and symptoms have a history of trauma. Emerging research shows that up to 80% of patients with autoimmune disease experienced significant emotional distress before getting sick. With *The Autoimmune Cure*, there is hope on the horizon for the tens of millions of people who suffer from autoimmune disease. Dr. Gottfried has created a powerful program designed to break the vicious cycle of autoimmune disease, reset your immune system, and restore your health, with advice on: diet sleep supplements breathwork microbiome restoration somatic therapy ketamine-assisted treatment microdosing psilocybin MDMA-assisted therapy *The Autoimmune Cure* offers a roadmap to lasting relief from autoimmune disease by addressing the root cause of the condition and healing the body, mind, and spirit.

Younger HarperCollins

The multiple New York Times bestselling author and Harvard-MIT educated women's health expert delivers a revolutionary 40-day program to reconnect the brain and body to prevent and reverse the myriad symptoms and diseases afflicting millions of women. Do you struggle to lose weight or to fall and stay asleep at night? Do you feel lethargic and a depressed? Do you endure irregularity or other digestive problems? Do you want to feel better and happier and to maximize your health and longevity? Dr. Sara Gottfried has the answer. Your health problems, she reveals, are in your head—caused by a malfunction in the connection between your brain and your body. Brain health is a powerful indicator of overall health and well-being. While our thoughts can affect our physical health, what we do to our body also has a lasting impact on our brains. When you ignore your brain-body symptoms, you raise your risk of serious cognitive decline, which leads to chronic health problems. It's a vicious cycle, but it can be broken, Gottfried argues. In *Brain Body Diet* she shows how brain body health is the key to reversing a myriad of chronic symptoms—empowering you to live up to our potential and achieve the lasting health you desire. The relationship between the body and the brain is necessary to function at our best today and for the rest of our lives. Designed for the female brain—which is different from the male brain—her breakthrough protocol will help you lose weight, get off harmful prescription medications, boost energy and mental functioning, and alleviate depression and anxiety in less than six weeks. Filled with incredible success stories, the most up-to-date scientific research, and the rich insights that are the hallmarks of her previous bestsellers, *Brain Body Diet* will completely change the way you look at your life and help you achieve total body health.

A Patient's Guide to PCOS HarperCollins

A Harvard physician's method to improve physical and mental health by optimizing the hormones in the 30s, 40s, and beyond.

The Complete Body Hormone Reset Diet Balance

Balance your hormones and transform your life in six simple steps.

The Balance Plan Lara Briden

"Nicole Jardim walks the talk, and I am confident that *Fix Your Period* will help ignite the hormone balance you are seeking and restore your vitality." --Sara Gottfried, MD, New York Times bestselling author of *The Hormone Cure* A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast *The Period Party*. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it *The Curse!* For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's *Fix Your Period* is

essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

The Hormone Fix Sourcebooks, Inc.

NATIONAL BESTSELLER • For women approaching or in menopause, a revolutionary diet and holistic lifestyle program for easier weight loss, better sleep, diminished hot flashes, a clearer head, and a rejuvenated sex drive. "Hormone balance is within reach, and this is the definitive guide for reaching that goal."—David Perlmutter, MD, author of *Grain Brain* As women approach menopause, many start to experience the physical and emotional indignities of hormonal fluctuation: metabolic stall and weight gain, hot flashes and night sweats, insomnia, memory loss or brain fog, irritability, low libido, and painful sex. Too often, doctors tell us that these discomforts are to be expected and that we will have to wait them out during "the change"; some of us even agree to be unnecessarily medicated. But Dr. Anna Cabeca's research and experience with thousands of her patients show that there is a fast-acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms. *The Hormone Fix* introduces Dr. Cabeca's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level. The proven result: balanced cortisol and reduced output of insulin, the hormones most responsible for belly fat and weight gain, plus an increase in oxytocin, the "love and happiness" hormone. Whether you are perimenopausal, menopausal, or postmenopausal, *The Hormone Fix* offers an easy-to-follow program, including • a 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately • daily meal plans and weekly shopping lists to take the guesswork out of a month's worth of Keto-Green eating • 65 delicious and easy-to-make recipes for breakfast, lunch, dinner, smoothies, and soups • detailed information on vitamin and mineral supplementation that optimizes hormone balance • simple self-assessments and recommended optional lab testing for a better understanding of your hormonal status • tested and trusted stress-reduction and oxytocin-amplifying advice and techniques With *The Hormone Fix* you can expect to trim down, tap into new and unexpected energy levels, enhance intimacy, and completely revitalize your life! Ready for your fix? "The *Hormone Fix* is a treasure trove of accurate and user-friendly information that all women who are suffering during menopause need to know and apply."—Christiane Northrup, MD, author of *The Wisdom of Menopause*

The Adrenal Thyroid Revolution Ten Speed Press

The new comprehensive guide to healthy conception, pregnancy, and postpartum that every woman over thirty must read More and more women are choosing to have children later in life, but since fertility declines starting at age thirty, many moms-to-be face conception and pregnancy with fear, uncertainty, and anxiety. Women thirty and older who wish to conceive naturally are often told it is a "bit too late" for easy conception, or they are forced to turn to invasive, expensive treatments. But there is a better way! With *How to Conceive Naturally: And Have a Healthy Pregnancy After 30* readers will discover that it's possible to have a healthy pregnancy in your thirties or early forties. Experts Christa Orecchio and Willow Buckley share their vast knowledge of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally and quickly. From a 12-week preconception fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility at any age. Orecchio and Buckley present the most current research in nutrition and homeopathy to equip women with the wide-ranging knowledge they'll need on each step of the journey to having a baby naturally, from preconception to postpartum. /DIV

Fix Your Period Simon and Schuster

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and

easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword. *Hormone Repair Manual* Aster

"Kris Carr's *Crazy Sexy Juice* is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are organized by function, including *The Cleansers*, *The Healers*, *The Boosters*, and *The Beautifiers*. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate Tips for blending and juicing on the go Handy lists of helpful kitchen tools The 411 on alkalinity and why it's important A pick of the crop nutrient guide Handy substitutions for food sensitivities Hints on handling mental and emotional hurdles that come with change Plus an easy 3-day cleanse and so much more Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!"--

The Autoimmune Cure HarperCollins

NEW YORK TIMES BESTSELLER • From one half of the cult comedy duo Tim & Eric comes the culinary bible for modern food freaks, showing you how to throw epic parties, suck the marrow out of life, and cook better than your grandmother. ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: *The New Yorker* • ONE OF THE BEST COOKBOOKS OF THE YEAR: *New York Post* • "A book with all the recipes to Wareheim's insanely delicious secret sauces? And a sneak peek at the man behind the curtain?? I'll take two please . . . extra crispy!!!"—Jack Black Director and actor Eric Wareheim might be known for his comedy, but his passion for food and drink is no joke. For the last fifteen years he has been traveling the world in search of the best bites and sips, learning from top chefs and wine professionals along the way. His devotion to beautiful natural wine, the freshest seafood crudos, and perfectly cooked rib-eyes is legit. And now he wants to share with you everything he's learned on this epic food journey. In *Foodheim*, Wareheim takes readers deep into his foodscape with chapters on topics like circle foods (burgers, tacos), grandma foods (pasta, meatballs), and juicy foods (steak, ribs). Alongside recipes for Chicken Parm with Nonna Sauce, Personal Pan Pep Pep, and Crudite Extreme with Dill Dippers, you will discover which eight cocktail recipes you should know by heart, how to saber a bottle of bubbly, and what you need to do to achieve handmade pasta perfection at home. Written with award-winning cookbook editor Emily Timberlake and featuring eye-popping photographs and art chronicling Wareheim's evolution as a drinker, how to baby your pizza dough into pie perfection, and more, *Foodheim* is the ultimate book for anyone who lives to eat. Praise for *Foodheim* "We are all searching for greatness, and Eric is what we are searching for in ourselves. Through his searching we don't need to search: we have found. Eric is my Martha Stewart, my mother. He's the maître d, the Emeril Lagasse, the Andre Agassi, the Dennis Rodman. He's true love and commitment to the craft of the food. He is food."—Matty Matheson "Eric has written an instant classic that will command prime real estate in every young culinary enthusiast's kitchen. People will say about *Foodheim* what past generations have said about *Joy of Cooking*, 'This book taught me how to cook.' If this book existed as a resource for me when I was making my bones, I would surely be more successful today. *Hail, Foodheim!*"—Kris Yenbamroong, chef and owner of NIGHT + MARKET

Brain Body Diet HarperCollins

In 2010, Nick Polizzi did something unimaginable. He assembled a group of eight desperately ill patients from around the world and brought them into the heart of the Amazon rainforest to put the mysterious medicines of native shamans to the test. The healing journey that unfolded would change their lives—and his own—forever. In *The Sacred Science*, we join Nick as he explores these primordial traditions and learns firsthand what it takes to truly heal ourselves of physical disease,

emotional trauma, and the sense of “lostness” that so many of us feel in these modern times. We venture into a place where the ordinary rules we live by, even survival instincts, don’t apply—where “the only thing to do is to step forward and be ready for anything.” Nick is not a guru or shaman; he is an ordinary guy who pieced together an illuminating journey, one experience at a time. In this riveting true story, we’re shown the many layers that must be peeled away in order for us to find the truth of who we are and why we’re here. This book is a bridge between the flashy, fast-moving modern world and the forgotten ways of a healthier, earth-connected ancestral past. You’ll find practices and principles of native wisdom that you can put to use in your own life, and you’ll gain a new understanding of what it means to heal. In the end, what will become of the eight patients who set out on this path with Nick? Will the exotic jungle medicines and harrowing rites of passage destroy them or give them a new lease on life? Five will return with remarkable healing results. Two will return disappointed. One won’t return at all.

Crazy Sexy Juice Simon and Schuster

Many of us experience signs and symptoms of hormonal imbalance every day. Do you have trouble dragging yourself out of bed in the morning? Ever have an uncontrollable sugar craving at 3 p.m.? Chronic headaches? Lack of energy? Do you get stressed just sitting in your office? Our bodies are wired to send us signals when something isn’t right, but often we’re too busy to hear them. Compounding the problem is a lack of understanding about the consequences if these symptoms are left unaddressed. Without hormonal balances, we are more likely to succumb to many diseases and illnesses. The Hormone Diet lays out a foolproof plan to balance your life, one hormone at a time. But it is more than just a diet book. Along with advice for weight loss, Dr. Natasha Turner provided recommendations for anti-inflammatory detox, nutritional supplements, exercise, sleep, stress management, toxin-free skin care, and natural hormone replacement combined with a diet plan—all incorporated into a 3-step wellness program focused on the essentials of hormone balance for lasting health.

The Better Brain Solution HarperCollins

A “compassionate, authoritative, and wise” (Mark Hyman, MD, New York Times bestselling author of *The Pegan Diet*) 30-day program that “will shift the way you think about your body and your health” (Gabrielle Bernstein, #1 New York Times bestselling author and international speaker) based on a paradigm-shifting idea: You have to change your body to change your mind and mood. *Perscription for Happiness* offers a 30-day program for reaching a new level of energy, clarity, and calm. Too often, conventional medicine treats the mind as separate from the body. However, science shows that physical issues, such as chronic illness and weight fluctuation, are oftentimes intricately entwined with mental health conditions like depression, anxiety, fatigue, and more. This must-read book explores the new science of optimizing the body in ways that will help anyone attain a new baseline for energy, calm, and optimism. Dr. Berzin draws on cutting-edge research

and her work with thousands of patients to tell the complete story of how our physical health influences our energy level, mood, focus, and emotional wellbeing. This builds on her work at her nationally renowned holistic health service Parsley Health, where Dr. Berzin and her team of over 100 highly trained medical providers focus on treating the whole patient, yielding extraordinary results for those dealing with gastrointestinal, hormone-related, autoimmune, and mental health conditions. Leveraging Parsley’s unique patient data and successful proprietary protocols, *Perscription for Happiness* is the ultimate gateway to creating your new baseline for peak physical and mental health.

Red Hook Road North Atlantic Books

The Harvard-educated physician and New York Times bestselling author of *The Hormone Cure* shows you how to grow new receptors for your seven metabolic hormones, making you lose weight and feel great fast! When it comes to weight loss, most people don’t think about hormones. But when you develop resistance to your seven major metabolic hormones—cortisol, thyroid, testosterone, growth hormone, leptin, insulin, and estrogen—your body adjusts by increasingly raising your hormone levels and ultimately slowing down your metabolism. And a slower metabolism leads to weight gain and difficulty losing weight. The solution, Dr. Sara Gottfried contends, is to reset the efficiency of your hormones by repairing and growing new hormone receptors. Based on leading scientific research, *The Hormone Reset Diet* is her proven weight loss and energy program to reverse hormone resistance in just three weeks. It will help you: Boost your metabolism and calorie burning by growing new and fresh thyroid receptors; Increase your weight loss by re-balancing estrogen and progesterone receptors; Reverse your aging by resetting glucocorticoid receptors (for better processing cortisol). For the last twenty years, this Harvard-MIT educated physician has helped thousands of women address the root hormonal causes of what bothers them most: excess weight, lack of energy, aging, and illness. Going beyond her bestselling *The Hormone Cure*, this program is the next generation of her deep understanding of hormonal optimization for rapid weight loss.

The Adrenal Reset Diet Hay House, Inc

A comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy, and reduce PMS symptoms. After struggling for years with acne, oily skin and hair, debilitating cramps, mood swings, brain fog, intense cravings, insomnia, bloating, and weight gain before her period, author and certified hormone specialist Shannon Leparski developed the *Happy Hormone Method* through extensive research. Her life changed for the better and Shannon made it her mission to combat hormone imbalance and promote women's health. *The Happy Hormone Guide* includes comprehensive, phase-specific (menstrual, follicular, ovulatory, and luteal) guidance including: Changes in fertility, libido, and basal body temperature Beneficial foods, micronutrients, and supplements Phase-specific recipes to support hormone balance (can also

reduce symptoms associated with endometriosis) Common changes to mood and energy levels Exercise tips suitable to different times of the month Facial recipes, hair masks, and essential oil blends Modern culture expects women to keep up with the same demanding daily routine, but women's cycles are anything but consistent. *The Happy Hormone Guide* explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.

The Sacred Science Holt Paperbacks

"New York Times bestselling author and Harvard-MIT educated women's health expert, Sara Gottfried, M.D., delivers a revolutionary program to prevent and reverse the myriad symptoms and diseases that result from an unhealthy connection between the brain and the body"--
Hormone Intelligence Hay House, Inc

"The book my patients have been waiting for." Dr. Peta Wright, gynecologist and women's health advocate *Hormone Repair Manual* is a practical guide to feeling better in your 40s, 50s, and beyond. It explains how to navigate the change of perimenopause and relieve symptoms with natural treatments such as diet, nutritional supplements, and bioidentical hormone therapy. Topics include: - Why everything is different after “second puberty.” - How perimenopause can be a tipping point for long-term health. - The four phases of perimenopause. - The role of testosterone and insulin in weight gain. - How to speak with your doctor about hormone therapy including natural progesterone. - Treatment protocols for all common perimenopause symptoms including night sweats, insomnia, migraines, and heavy periods. - Risk reduction for osteoporosis, heart disease, and dementia. Written by best-selling author and naturopathic doctor, Lara Briden, the book is backed by evidence-based research and real-world patient stories. Praise for *Hormone Repair Manual*: "The book my patients have been waiting for -- a science and whole woman based approach to the menopausal transition that will give women the wisdom, language, and practical tools to navigate menopause and unveil this time for what it really is -- one of the most transformative and empowering chapters of a woman's life." Dr. Peta Wright, gynecologist and women's health advocate "This lively, clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond." Jerilynn C. Prior MD, author of *Estrogen's Storm Season* "Essential reading for all women over 40, and their doctors!" Dr. Natasha Andreadis, gynecologist and fertility specialist "Evidence-based natural solutions for optimizing women's health and wellbeing in their 40s, 50s and beyond." Dr. Fatima Khan, menopause specialist

The Hormone Cure in 30 Minutes HarperOne

Transformational leader and author Marci Shimoff outlines seven steps aimed at helping readers develop and maintain unconditional love which she believes will allow them to have lasting joy and fulfillment in life.