



A Message of Love: A Guide To Finding Real Love and Your Purpose In Life

Ms. Sandra Brown

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With themes of self-love, selflessness, and treating others in a respectful way, A Message of Love delivers practical and relevant messages.

In her enlightening book *A Message of Love*, Sandra Brown explains what love is—and more importantly, what it is not—from a Christian perspective.

In this book, love is distinguished from emotional attachment and physical attraction. Its definition of love is derived from the Bible and focuses on love being an action rather than a feeling. The topic is broken down into different components, ranging from love for oneself to love for others. Related messages will inspire courage to follow one's dreams and will instill hope that one's visions can be achieved.

Anecdotes explore the content in more depth, as with the thematically connected story of the Samaritan woman meeting with Jesus. They are inspiring, suggesting that even when mistakes are made—like knowingly getting into toxic relationships—there remain opportunities to correct errors and move forward. Snippets regarding Brown's own experiences make her advice even more uplifting. In one promising example of redirecting to find true love, a young lady's brief first marriage ends in divorce, while her second marriage lasts for twenty-six years and counting.

Within the short book are six sections, leading from defining love to writing a vision for love. Each contributes to explaining what self-love and love for others consists of. Individually, they debunk myths related to love as well. At the end of each section, questions and proclamations serve as actionable steps to apply the book's information and put its messages into everyday perspective—as with chapter two, about love for oneself, after which affirmations remind the reader of the value of life and that each person is special in their own way.

The book's clarity is enhanced by its uncomplicated interior design. Chapters are short and clearly labeled. Each section fully explores its topic and includes biblical references for further reading. Chapters begin with Bible verses and quotes that preview the information that follows.

The book's language is direct and unapologetic. Brown's clear and strong opinions on issues pertaining to unhealthy and abusive relationships make her advice all the more compelling. Her viewpoints are backed up with relevant scriptural passages and the work of other credible authors. Still, the book's content and advice is rarely surprising, and it is unlikely to stand out from similar titles regarding love. Brown's messages function as reminders of what many people have already been taught.

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EDITH WAIRIMU (April 9, 2019)

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