

# (PDF Kindle) Big Dating Energy: How to Create Lasting Love by Tapping Into Your Authentic Self

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Eight Rules of Love by Jay Shetty meets Tinx's The Shift for making modern relationships work for you, from a licensed professional therapist with two decades of experience and nearly 4 million followers on social media as @therapyjeff. Dating these days is hard, and no one understands that more than licensed therapist Jeff Guenther. Whether you're looking for marriage or just a fling, exploring your sexuality or discovering your attachment style, or just trying to figure out which app is most worth your time, Jeff meets you exactly where you are; it's no surprise that millions of viewers have found comfort in his posts. With humor, empathy, and an acknowledgment of the obstacles to finding healthy relationships, he has become the dating whisperer for the social media age. Dating in the super-online, post-covid world is not for the weak, and people are confused and looking for guidance. In the vein of Unf\*ck Yourself, The Love Prescription and How to Not Die Alone, Big Dating Energy is a funny, modern self-help title that tackles the opaque world of dating, empowering the reader with straight talk and an emphasis on authenticity. Covering everything from first dates to red flags, ideal partner checklists to knowing when and how to end things, and even an exploration of the people and things you can blame for why your dating life hasn't worked out so far, Big Dating Energy harnesses the charm and easy-to-use advice that nearly 4 million followers come to the @therapyjeff platform for daily. It will set you up to not only succeed at dating, but maybe even enjoy it along the way.

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