



Below The Belt: A healthier fight, a happier you

Michael Muller

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There are many seasons to love. Some of us have more storms than we have the strength to endure. We can only hurt so much before we seek change. We need to feel loved, we need to feel valued, and we need to feel understood. All too often when these things fade away we see no reason to stay. Our love can not be defined as an emotion subject to change, but an active choice that we make everyday no matter what season we are in, even if our spouse is taking an adversarial posture with us. Emotions change like the blowing of the wind, but love is a choice that stands firm through life's toughest storms. In this book we challenge our approach at love, to identify and get rid of toxic behaviors and attitudes. We will take our fight to our mind and learn to guard our thoughts, the real battle ground of everything negative in our life.

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