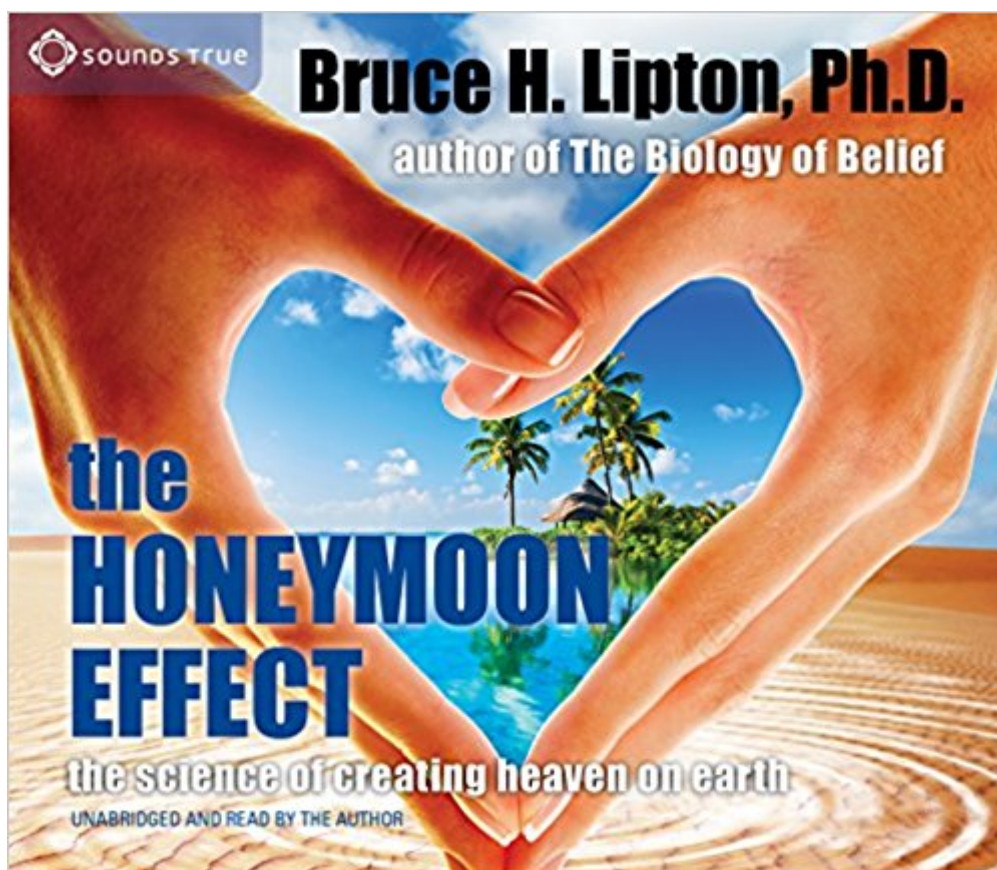


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# The Honeymoon Effect: The Science Of Creating Heaven On Earth



## Synopsis

An Unabridged Reading of the Bestselling Book *The Honeymoon Effect*: A state of bliss, passion, energy, and health resulting from a huge love. Your life is so beautiful that you can't wait to get up to start a new day and you thank the Universe that you are alive. Think back on the most spectacular love affair of your life—the Big One that toppled you head over heels. For most, it was a time of heartfelt bliss, robust health, and abundant energy—a first-hand experience of Heaven on Earth. Imagine what it would be like if you could maintain the Honeymoon Effect throughout your whole life. Dr. Bruce H. Lipton describes how the Honeymoon Effect was not a chance event or a coincidence, but a personal creation. Here Dr. Lipton reveals how we manifest the Honeymoon Effect and the reasons why we lose it. This knowledge empowers listeners to create the honeymoon experience again, this time in a way that ensures a happily-ever-after relationship that even a Hollywood producer would love. With authority, eloquence, and an accessible style, Lipton covers the influence of quantum physics (good vibrations), biochemistry (love potions), and psychology (the conscious and subconscious minds) in creating and sustaining loving relationships. He also asserts that we can learn from the example of the harmonious relationships of our 50 trillion cells to create a "super organism" called "humanity," which can heal our planet.

## Book Information

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## Customer Reviews

"One of my favorite reads ever."- Dr. Wayne W. Dyer, author of *Wishes Fulfilled* "Bruce Lipton has

written the single best book on love - both personal and planetar - that I've ever read."- Joan Borysenko, author of *Minding the Body, Medning the Mind*

Bruce H. Lipton Bruce H. Lipton, PhD, is an internationally recognized cellular biologist who taught cell biology at the University of Wisconsin School of Medicine and later performed pioneering studies at Stanford University's School of Medicine. His breakthrough research on the cell membrane in 1977 made him a pioneer in the new science of epigenetics. He is author of *The Biology of Belief* and a sought-after keynote speaker and workshop presenter, and has appeared on radio and television.

Most of us have had the feeling. The joy of being in love and all the euphoric emotions that came with it. But it didn't last. Why? Bruce Lipton in his new book "The Honeymoon Effect" explains where those wonderful feelings came from, how we lose them, and how we can get them back. "Your beliefs are preventing you from experiencing those elusive, loving relationships," he writes. "Change your beliefs, change your relationships." Lipton stresses the importance of "trusting our vibes". I liked how he gave examples from his own life. In one chapter he tells how he had a bad feeling about a "predator" neighbor while living on Barbados. When a job transfer came through to another island Lipton was relieved - he'd get away from that neighbor once and for all! He was surprised when the neighbor volunteered to help him move. After getting assistance loading his belongings from his new friend, Lipton thought to himself "maybe this guy wasn't so bad after all" as he left on a plane trip. When Lipton returned he found his neighbor had cancelled Lipton's move with the shipping company, and had stolen all of Lipton's household goods! "The loss of all my possessions was a painful lesson for me about the importance of trusting 'bad vibes' and 'good vibes'," Lipton writes. Most of the examples Lipton gives in his book are related to romantic relationships. "When it comes to partners, there are suddenly four instead of two minds involved," he writes. "And these two extra subconscious minds can wreak havoc on Happily-Ever-After relationships." The Honeymoon Effect is full of strategies to deprogram those unhealthy messages that come from our subconscious minds. While I valued Lipton's insights, I suspect the average reader will find it difficult to change the programming of his or her subconscious just by reading the book. Lipton encourages readers to follow up on his suggestions. "There is no one tool that fits all people," he says. "If one of the processes listed in the appendix doesn't work, don't give up; try another one!" he adds. I think the Honeymoon Effect is best used as a guide for the reader to explore different healing methods. The book ends on a hopeful note - we CAN change the programming of our subconscious

minds. "By manifesting the life you choose, not the life you were programmed by your family to lead, you can have it all," Lipton writes. The Honeymoon Effect reminded me of how those messages I received in childhood still affect me today, and encouraged me to continue to work on changing those thoughts. I received a complementary copy of this book from Hay House for review purposes. The opinions are completely my own based on my experience.

Amazingly written book that describes how can we achieve heaven on earth and what is the root of unhappiness. Based on a true personal story, sometimes reads like a fiction. The message is simple and scientifically proven: once you reach a vibrational potential to attract someone with similar vibrations, a miracle happens. It also shows that it takes two to make love flourish, and it takes two to keep it going. I thoroughly enjoyed Appendix A and B including references on how to reprogram your subconscious mind and recommended movies for cinematherapy. Sad thing is that the book is short. You wish the reading like this would never stop.

Bruce Lipton is the greatest. He tells us again and again, that we are NOT determined by our DNA. That there may be possibilities that exist, but it is the inputs to the DNA which allow it to manifest. So if we keep clear of pollution and use our thoughts well we will not be influenced by the DNA in a negative way. This is the summary, but listen to him !

I was a bit disappointed as I think VERY highly of Bruce Lipton, but I don't think this is as good as his other books. I think he was courageous to provide a lot of personal information and was stepping out of his comfort zone somewhat, but that unfortunately does not necessarily make a good useful book. I really wanted to like it.

I am still reading the book, just really felt moved to post a review now. I am loving Bruce Lipton's style of writing. I can sense his twinkling eyes and bright smile, as I read about scientific principles that used to put me to sleep. Most Quantum Physics books have been so dry and frankly, since they were so left brained, I usually could not read very far. He has an amazing style in combining mind and heart while delivering his message. His writing is so personal, I feel like I'm sitting in his living room as he reveals me/us with his tales. He is genuine and I am learning so much! Perfect book that does marry science and Spirit, Heaven on Earth.

Excellent book!! This is especially good for anybody interested in quantum physics and spirituality.

The author has a great way of explaining things. Would recommend!

A bit of fluff in there, but overall a short read with some fantastic ideas and easy ways to implement them. I bought the print copy for my girlfriend, I own the Kindle version. In short, this book talks about Presence (similar to Eckhart Tolle) but in a different language, and combines some of the same basic teachings in works by Joe Dispenza and Greg Braden. This is a great book in that it takes rather esoteric ideas and explains them in a down to earth manner via the language of Biology that is easy to understand for westerners, and easy to implement. These ideas work, but you must apply them, not for a week, but for a lifetime. Paying attention is like brushing your teeth, you do it every day, not just when you feel like it.

You have to read this book! I met Bruce back in 2000 before he wrote his first book. Each one of his three books are just amazing! Bruce is not only articulate and easy to follow with a great sense of humor and brilliant mind, he is just a very authentic person. He has a quality to him that you rarely find in someone that is this well known. The Biology of Belief, Spontaneous Evolution and The Honeymoon Effect are all excellent reads that are intelligent but easy to comprehend. And Bruce has it right! Do yourself a favor and get this book and his others if you haven't. You will not be disappointed!

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