



Beyond Cuddle Party: How Pajamas, Human Connection, and 11 Rules Can Change Your Life

Monique Darling

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Join world renowned Cuddle Party Facilitator and authenticity and vulnerability coach; Monique Darling as she takes the "Rules of Cuddling" beyond the confines of the Cuddle Party out into her real life, where she finds unique and powerful ways to apply them to everyday situations from flirting on the highway to helping a fellow come to terms with his impending death. At it's core a cuddle party is about presence, communication and respect (both for yourself and for those you interact with) or as one of her reviewers puts it. "The word "rules" can invoke a concept of law for some. Monique's Darling's book is not a book of rules, it's more a book of observations, wisdom and guidelines on her journey through very rough and tumultuous landscape called life. The backdrop is of Cuddle Parties, relationships and dealing with one's own past. But the real treasure is in what is gained from the journey she takes us on with her, giving us permission to share these learned gifts with her. It's a perfect companion for anyone stepping out on their journey to self discovery. Or in other words, "An epic tale of one woman's journey deep into the heart of intimacy to find the unmarked treasure. A story full of dangerous emotion traps, navigating complicated social experiments, love found, and lost, and the magnificent boundaries created to support experiences unimaginable. It's a heroic rise of one soul while practicing 11 Cuddle Party rules!" Who would read that?" - Shawn Roop, author Pathways to Love : 28 Days to Self Love.

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From reader reviews:

Kathleen Land:

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Beyond Cuddle Party: How Pajamas, Human Connection, and 11 Rules Can Change Your Life, you can enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its referred to as reading friends.

Curtis Wilson:

Do you have something that you enjoy such as book? The guide lovers usually prefer to select book like comic, small story and the biggest one is novel. Now, why not attempting Beyond Cuddle Party: How Pajamas, Human Connection, and 11 Rules Can Change Your Life that give your satisfaction preference will be satisfied through reading this book. Reading behavior all over the world can be said as the opportunity for people to know world considerably better then how they react in the direction of the world. It can't be stated constantly that reading routine only for the geeky man but for all of you who wants to be success person. So , for every you who want to start reading as your good habit, you may pick Beyond Cuddle Party: How Pajamas, Human Connection, and 11 Rules Can Change Your Life become your starter.

Betty Edmond:

Is it an individual who having spare time subsequently spend it whole day through watching television programs or just telling lies on the bed? Do you need something new? This Beyond Cuddle Party: How Pajamas, Human Connection, and 11 Rules Can Change Your Life can be the reply, oh how comes? A fresh book you know. You are so out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these books have than the others?

Randy Gable:

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