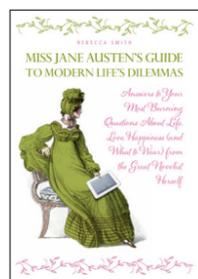




Love Notes

Whether you're celebrating being recently single or a new engagement, check out these selections for a love-filled February. *By Erin Henry*



Miss Jane Austen's Guide to Modern Life's Dilemmas

BY REBECCA SMITH

Rebecca Smith's first foray in to nonfiction is sure to please both Austen enthusiasts and those battling life's all-too-com-

mon conundrums. Smith, Austen's great-great-great-great-great niece, studied her ancestor's novels and pored through thousands of personal letters, applying insights from some of literature's most beloved heroines to today's modern predicaments. Whether your woes stem from a fair-weather friend or looming dinner party, Smith's handbook offers plenty of practical wisdom, accompanied by fitting excerpts from Austen's novels. This guide is sure to take up residence next to your dog-eared copy of *Pride and Prejudice*.

All About You

MADLY IN LOVE WITH ME: THE DARING ADVENTURE OF BECOMING YOUR OWN BEST FRIEND

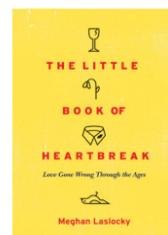
By Christine Arylo



Forget any pre-conceived notions: Self-love is more than just venturing to repeat sappy mantras out loud while staring at yourself in the mirror. It's a complete spiritual transformation that requires all-out commitment, the end goal being that your happiest relationship is the one you share with yourself. Author Christine Arylo, hailed as the "Queen of Self-Love," breaks it down in her self-love how-to, administering "daring acts of love" and doling out practical ways in which we can begin to fully appreciate ourselves. Her step-by-step process includes daily tips and exercises that will build the confidence you need to fully embrace the most important person in your life: you. *"The author will host a Madly in Love With Me Self-Love Retreat Feb. 24 from 2 to 5 p.m., at Unity of the Hills. Register online at selfloveaustin.com."*

The Little Book of Heartbreak

BY MEGHAN LASLOCKY



As author Meghan Laslocky points out, "When you've just been dumped, nothing feels as good as feeling worse," and if you're approaching Valentine's Day with a fresh case of heartbreak, this book will be your holiday balm. Though now happily married, Laslocky has experienced her fair share of

breakups, and she debuts her first book to dish on history's most salacious, tragic love stories. A former journalist, she digs deep, pairing the tales with personal asides and mini-history lessons to shed light on the societal norms and influences of each story's time, explaining some of the real-life characters' more outrageous behaviors. You just might become so engrossed in these star-crossed lovers' stunts that you forget about your own

Illustration by SARAH QUATRANO.

doomed relationship. In case you don't, Laslocky helpfully includes her favorite breakup songs and albums to help usher you through this phase. Good luck.

Love 2.0

BY BARBARA L. FREDRICKSON, PH.D.



Barbara Fredrickson is a love doctor. Literally. Culling research from her own lab, Fredrickson explains the science behind positive emotions, arguing that experiencing love is not only fun, it's necessary and life-altering. Dispelling the belief that love is a continu-

ous feeling, she hypothesizes that it is instead comprised of daily micro-moments, moments that lift us up and improve everything from our relationships to our health. While Part I reads like a textbook, Part II offers activities and practical ways to increase love's positive effects on life. With suggestions ranging from meditation to breathing exercises, Fredrickson's book shares ways to practice love and reap the happy benefits, proving that you don't have to be an expert to let the best emotion of all change your life for the better.

Margaret from Maine

BY JOSEPH MONNINGER



Like the very real war portrayed in Joseph Monninger's latest novel, public opinion of this story's characters will sway between stanch support and fiery opposition. But this isn't a story about war; it's the story of war's aftermath, the pieces that people are left to put back together after devastating

losses incurred from a fight most people still know very little about. At the heart of the story is Margaret, a dutiful wife and mother who has been faithfully tending to her severely injured husband for years. Enter Charlie King: another war hero struggling with his own painful war reminders who offers Margaret the chance to start again. Margaret's ensuing dilemma is not farfetched, and the heartrending decision she faces will cause you to question your own stances on war, love and all of the gray areas in between.

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