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Devotionals Designed to Empower and Grow Our Spirits

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Each One! Bless One!

You Make a Difference!

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Happy Valentine's Day!

“Many waters cannot quench love, neither can the floods drown it: if a man would give all the substance of his house for love, it would utterly be contemned.”

SONG OF SOLOMON 8:7 (KJ)

Putting the Sweet Back into Valentine's Day! Part One. Valentine's Day is almost here. It's the time when people stop to celebrate the idea of love. Children exchange cards and candy, lovers plan exotic get-aways, and families share gifts and messages of heartfelt appreciation. It represents all things loving and cozy, warm and fuzzy - yet it can also remind us of love lost, love gone awry, and love yet unfound. For those without a valentine, Valentine's Day can feel like a two-edged sword.

To tell you the truth, I used to be afraid of Valentine's Day. I would try to ignore the flowers and candy filling the racks in local stores as messages of love and happiness filled the air. Don't get me wrong-I love love: puppy love, married love, public displays of love-all love.

What I didn't like was the implication that if a woman didn't receive a card, letter, box of candy, or flowers on that particular day of the year, she was somehow a refugee of love out on the fringes of society, forlorn and forgotten.

I know I am not alone. Many women today have mixed emotions about this holiday. So do men for that matter-talk about pressure! On Valentine's Day, a man is not only expected to present expensive gifts to his special someone, he also has to somehow acknowledge all of the other significant women in his life. This is far from the true meaning of the love Valentine's Day is meant to celebrate.

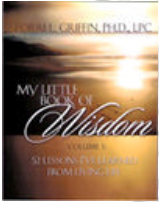
HAPPY VALENTINE'S DAY



Dr. Torri L. Griffin, LPC
Love & Relationships Coach
Love Living Life
P.O. Box 360226
Decatur, GA 30034, USA
(404) 805-1756
Wisdom@LoveLivingLife.com

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Dr. Torri L. Griffin, LPC is a Love & Relationships Coach based in the Atlanta area. She works with individuals, couples, and groups on improving the quality and quantity of love in their lives. She is the author of **My Little Book of Wisdom, Volume 1: 52 Lessons I've Learned from Living Life**, and leads seminars and workshops on ways to Love Living Life! Visit her website for more information on forming lasting and loving relationships and sign up for her monthly newsletter at www.LoveLivingLife.com. She can be reached at (404) 805-1756 Wisdom@LoveLivingLife.com.

To comment on this article or add your ideas on keeping the sweet in Valentine's Day, send an email to wisdom@LoveLivingLife.com.

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