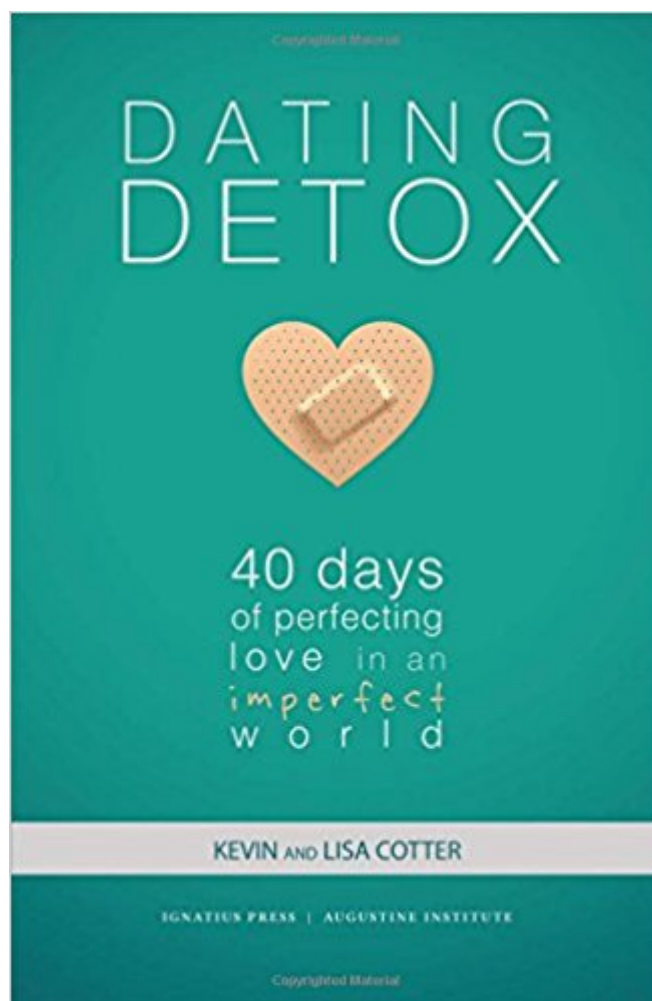


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# Dating Detox: 40 Days Of Perfecting Love In An Imperfect World



## Synopsis

"If we want love, why do we often settle for less?" from the Foreword by Jason and Crystalina Evert  
Tired of our toxic dating culture, many young adults want to clean up their love lives. They desire to give their lives to Christ and turn away from sin but without a concrete plan, they quickly fall back into old habits. Featuring daily stories and action items, this forty-day detox provides a practical "cleanse" for those who want to purify themselves from the poisoned dating culture and gain the freedom to love and be loved. Inside you'll find: Compelling and clear explanations of "God's plans for love, dating, and sex" Hopeful true-life stories of people who have successfully moved from desiring chastity to actually living it Practical tools, habits, and strategies to live more virtuously with joy and freedom "Battling for purity is tough, but the Cotters' book makes it a whole lot easier. A must read for anyone who desires authentic relationships!" - Matt Fradd, founder of The Porn Effect

## Book Information

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## Customer Reviews

"Everyone has experienced brokenness in relationships at one time or another, and it can be hard to put the pieces back together. Through healing, forgiveness, and personal stories, this book will help you find the love you have been searching for." --Sarah Swafford, author of Emotional Virtue: A Guide to Drama-Free Relationships  
"Dating Detox will be a real asset to all those who have tried to change their lives but have found themselves unable. The practical advice Lisa and Kevin offer is a gift to anyone who has wondered if following Jesus is really possible as a modern-day young adult." --Fr. Mike Schmitz, chaplain at University of Minnesota-Duluth  
"In a simple forty-day plan, Lisa and

Kevin Cotter help you form the habits you need to change the way you approach your romantic relationships. Discover how the real love you long for is possible... but only in following God's plan."  
--Edward Sri, author of Men, Women, and the Mystery of Love

Kevin and Lisa Cotter have worked with university students for over a decade as a missionary family with FOCUS (the Fellowship of Catholic University Students). Lisa is the founder of Made to Magnify (madetomagnify.com), and speaks to young adults on living life with excellence. Kevin holds an MA in Sacred Scripture and is the senior director of curriculum for FOCUS. He has authored three books on Pope Francis. Lisa and Kevin reside in Denver, Colorado, with their three children.

It is an amazing forty day journey to change your conception of love in a world where it is more and more commoditized. I am grateful that such a book was written!

One of my friends had read this book and recommended it to me. Dating & sex is the #1 area in my faith that I struggle with the most, and this book really broke things down and challenged me to look at my habits and plan ahead for the future relationships I might have. The different testimony stories really helped me see that I'm not alone in this struggle and that it is possible to overcome bad habits and temptation. I would definitely recommend this book to anyone! God bless!

Awesome book! For those who are struggling to live chastity! For those who have emotional wounds from past relationships! For whoever wants to know God's will for love, dating, sex and marriage! It's a work book. To read, think, pray and change the way we deal with our relationships. It's easy to read and full of testimonies. I've started with a kindle sample and couldn't stop reading. It's worth it!

This book will help you grow. The daily detox is great to reflect on. Forty days is all you need to commit to reading this book. The chapters are short and interesting.

Great book for Lent. My boyfriend and I read it together and we are striving to live in the fullness of God's love. More geared towards college age and we are a bit beyond that, but nonetheless we got the picture

I have to say that I was unsure about doing this dating detox. After 40 days it has taught me so

much about myself that I just want to keep going back to it to remind me of who I am. This is a game changer.

got a copy for myself, my daughter and the school she goes to. invited her to give it away to a needy teenager as need be. would love to here them speak

Though especially helpful for the college-age dating community, this book is helpful for anyone in any position as well. Most of us need help learning how to get out of our own way to love more purely and this will help you get there. (Even outside of a romantic relationship - love is love!)

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