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Quotes by Angelis, Barbara De

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Barbara De Angelis Ph.D. is an influential teacher in the field of relationships and personal growth. For the past twenty-five years, she has reached tens of millions of people throughout the world with her positive messages about love, happiness and the search for meaning in our lives. As a best-selling author, popular television personality and sought after motivational speaker, Barbara has been a pioneer in the field of personal transformation as one of the first people to popularize the idea of self-help in the 1980's, and as one of the first nationally recognized female motivational teachers on television.

Difficult times always create opportunities for you to experience more love in your life.

- Angelis, Barbara De

The greatest gift you and your partner can give your children is the example of an intimate, healthy, and loving relationship.

- Angelis, Barbara De

Only when your consciousness is totally focused on the moment you are in can you receive whatever gift, lesson, or delight that moment has to offer.

- Angelis, Barbara De

No matter what age you are, or what your circumstances might be, you are special, and

you still have something unique to offer. Your life, because of who you are, has meaning.

- Angelis, Barbara De

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.

- Angelis, Barbara De

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

- Angelis, Barbara De

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

- Angelis, Barbara De

The more connections you and your lover make, not just between your bodies, but between your minds, your hearts, and your souls, the more you will strengthen the fabric of your relationship, and the more real moments you will experience together.

- Angelis, Barbara De

Love is a force more formidable than any other. It is invisible -- it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.

- Angelis, Barbara De

Love's greatest gift is its ability to make everything it touches sacred.

- Angelis, Barbara De

Marriage is not a noun; it's a verb. It isn't something you get. It's something you do. It's the way you love your partner every day.

- Angelis, Barbara De

The real act of marriage takes place in the heart, not in the ballroom or church or synagogue. It's a choice you make -- not just on your wedding day, but over and over again -- and that choice is reflected in the way you treat your husband or wife.

- Angelis, Barbara De

Men aren't the way they are because they want to drive women crazy; they've been trained to be that way for thousands of years. And that training makes it very difficult for men to be intimate.

- Angelis, Barbara De

A man's brain has a more difficult time shifting from thinking to feeling than a women's brain does.

- Angelis, Barbara De

Men are just as sensitive, and in some ways more sensitive, than women are.

- Angelis, Barbara De

You can't ask for what you want unless you know what it is. A lot of people don't know what they want or they want much less than they deserve. First you have figure out what you want. Second, you have to decide that you deserve it. Third, you have to believe you can get it. And, fourth, you have to have the guts to ask for it.

- Angelis, Barbara De

What allows us, as human beings, to psychologically survive life on earth, with all of its pain, drama, and challenges, is a sense of purpose and meaning

- Angelis, Barbara De

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.

- Angelis, Barbara De

In order to experience everyday spirituality, we need to remember that we are spiritual beings spending some time in a human body.

- Angelis, Barbara De

You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity.

- Angelis, Barbara De

When you make a commitment to a relationship, you invest your attention and energy in it more profoundly because you now experience ownership of that relationship.

- Angelis, Barbara De

We need to find the courage to say NO to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity.

- Angelis, Barbara De



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