



# **If Love Is a Game, These Are the Rules: 10 Rules for Finding Love and Creating Long-Lasting, Authentic Relationships**

*Cherie Carter-Scott*

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Do you wish you knew the rules for the game of love?

In her #1 New York Times bestseller **If Life Is a Game, These Are the Rules**, Chérie Carter-Scott gave us ten rules for conquering life's challenges and managing its unpredictable ups and downs. Now, in **If Love Is a Game, These Are the Rules**, she presents ten simple rules to help us find true love and create long-lasting, authentic relationships.

After twenty-five years of conducting workshops and seminars, Chérie has discovered that the most important--and often the most difficult--part of the human experience is partnership. Everyone is either looking for love or trying to find a way to sustain and feed the love that they already have. Chérie's ten rules are universal truths that we inherently know but often lose sight of in the confusing game of romance--rules as simple as "You Must Love Yourself First," "Communication Is Essential," and "You Must Nurture the Relationship for It to Thrive." Once understood and embraced, her rules help us learn more about our true selves and our needs--and make us better able to meet the needs of others.

As the ten rules show, building and sustaining authentic love is a delicate process that requires negotiation and communication, and while love is often challenged by change, it provides a variety of opportunities for us to grow as individuals. In her inimitably warm and inviting style, Chérie shares her own insights into love's journey, from building intimacy and taking the risk of commitment to rekindling the faded flame by bringing back the "sizzle factor." Her inspirational stories, coupled with practical exercises--such as creating a criteria list for a potential mate or making an outline for a formal relationship "check-in"--will bring out the authentic lover in each of us. Fresh and inspiring, **If Love Is a Game, These Are the Rules** is a perfect guide to living a real-life "happily ever after".

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