

Foreword for **Falling in Love with You** by **Neale Donald Walsch**, author of **Conversations with God**:

One of the biggest challenges of life, in my experience, is to love oneself. I mean completely, absolutely, unconditionally, without qualification or hesitation. Most people I have talked to about this (including myself, in the mirror) so often see in ourselves imperfection after imperfection, giving us reason upon reason to judge ourselves, to demean ourselves, and to feel unworthy of being honored by others for anything we have done, or loved by others for the way they think we are. I refer to this as the Imposter Syndrome, a state of mind into which we can fall far too easily and too often, in which we imagine ourselves to be putting on an “act” that shows us to be better or other than what and how we really are.

The truth is that, for nearly every person, the opposite is true. We are nicer, kinder, more understanding, compassionate, courageous, generous, and loving than we give ourselves credit for being. It is we who we've been fooling into thinking that we are less than we are. For many this is the result of coming of age in a culture or religion (or both) which told us that we are not good enough and must not think of ourselves as special in any way. But now along comes marvelous, magical, mystical teacher Mary O'Malley to disabuse us of all those notions.

Here, in a collection of conveniently brief but wonderfully illuminating insights from the heart of what she offers to the world, are eye-opening, mind-opening, heart-opening morsels to feed the part of all of us that has, more than once, starved for permission to think well of ourselves. All we have ever needed was some encouragement along the way. This is it. Now we can give even more magnificently to others, as we embrace a full awareness of the wonder of who we are.

But wait. Is it truly okay for you to fall in love with you? And can it be done? Really? Can all the old training be overcome?

Turn the page and see.