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## **Author Colinda Latour announces the release of ‘Living in Love’**

*New book offers a 31-day challenge that will inspire anyone to incorporate daily actions that introduce a new way of life and place love at the forefront of all actions, thoughts, words, and gestures*

PORTSMOUTH, England — Colinda Latour announces her entry to the publishing scene with the release of “Living in Love: How to Create a Lifestyle of Love, Faith, Bliss, and Crazy-Ass Manifesting (All in Thirty-One Days)” ([published by Balboa Press](#)). This book offers a 31-day challenge that will inspire anyone to incorporate daily actions that introduce a new way of life and place love at the forefront of all actions, thoughts, words, and gestures.

Latour struggled with love for most of her life, until she created a lifestyle that brought love into her daily routine and embedded it into her state of being. With the intent of helping others do the same, she shares a 31-day challenge that contains her personal story, practical tools, guidance, and a brilliant combination of daily love actions to be directed to oneself and others. This book also includes additional actions designed to bring love into awareness and transform people’s realities and the world around them as well as three mini-challenges that provide a fast boost to love whenever needed.

“We live in a world that is marred with fear, worry, and unfortunately, hatred, and I have come up with a simple way to put love into action that will improve your life and the lives of others as you generate love and spread that loving energy into the world. I have given you a detailed roadmap for creating a lifestyle that is filled with love simply by doing loving things. Ten simple acts of love that you can scatter throughout your days will change your world and leave you feeling blissful, connected and whole, and wonderfully a manifesting machine!” Latour says.

When asked what she wants readers to take away from the book, Latour answered, “Simple acts of love will change the world and create a love-filled lifestyle. Take a chance, flip the pages of this book, and see what simple acts of love can do for you. Creating a world that is safe, happy and love-filled starts with us as individuals. If you take anything from this book, let it be that the act of healing yourself can heal humanity.”

“Living in Love: How to Create a Lifestyle of Love, Faith, Bliss, and Crazy-Ass Manifesting (All in Thirty-One Days)”

By Colinda Latour

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Available at Amazon and Barnes & Noble

### **About the Author**

Colinda Latour is dedicated to living in a state of love and spreading that love around the world. When she is not writing, she shares her learnings through speaking engagements and workshops. For more about Latour and her work, visit [www.colindalatour.com](http://www.colindalatour.com) or contact her at [info@colindalatour.com](mailto:info@colindalatour.com)