

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Guided Spirit Conversations Archives Available

February 13th 2020: How to truly love yourself - Date yourself this Valentine's Day

With Valentine's Day being tomorrow, Marla focuses on self-love! She has 2 fantastic women who teach and encourage other women how to love themselves. Amanda Dobra Hope and Ulrike Kern discuss the importance of self-love and how to get there. The ladies also discuss dating yourself this Valentine's Day and things you can do to care for yourself.

Tune in

Archives Available on VoiceAmerica Empowerment Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

Featured Guests



Amanda Dobra Hope

Amanda (meaning "worthy of love") Dobra Hope has gone on a life journey true to her name. Possessing a strong knowledge of the wisdom she carried inside to see and know higher truth, combined with an insatiable searching for that truth, she has been led to many interesting modalities, people, and places. Ultimately, however, her journey was not to outside things, but an inner journey to strengthen her love and belief in herself and her talents, leading her to share that wisdom with the world.

[Read more](#)



Ulrike Kern

German native, Ulrike Kern is a relationship mentor, speaker and author. She gives people simple tools to build or rebuild the relationships you want and deserve. This does not just include your romantic relationships. She can help with friendships, working relationships and most importantly, your relationship with yourself!

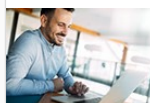
[Read more](#)

Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)