



Expressing love is never out of style

Are you longing to pour out your heart, to tell the one you love, at long last, how much he or she lights up your world? Do you want them to know that they bring a sense of purpose to your life? Would you like to spend the rest of your lives together? Valentine's Day is the perfect time to confess your love — and perhaps it's just what your loved one is waiting for.

As long as love exists in this world, such declarations will never go out of style. An expression of love is sure to profoundly touch your cherished one, whether you're in the throes of your first love, have had your heart broken a few times, or you're several years into a marriage.

There is no time like now to declare your feelings. Of course, not everyone finds it easy to express their emotions. If you're afraid that words will fail you or that your declaration of love will fall flat, keep it simple. Use your own words and speak from the heart without following a preset text. Say what you love about him or her, talk about the things they have done that you admire, and let them know how they are unique in your eyes.

If shyness is holding you back, send an e-mail or a hand-written letter, the truly romantic option. A different solution is to offer a CD of a song, the words of which are a perfect expression of your feelings. Another way to express your love is by giving a truly personal gift, showing that you know and appreciate your loved one in every possible way. This will give emphasis to your words, engraving them in your true-love's memory for eternity.



A declaration of love is sure to profoundly touch the love of your life.

This year, how will you say "I love you"?

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