



All We Need is Love? First Time Wisconsin Author Says Love is All We Need

Reedsburg, WI, May 21, 2008 --(PR.com)-- Wisconsin author Matthew James Nygren is reviving the work of love in everyday life by unifying the plethora of teachings from all the people he has encountered and publishing them in book form on Lulu.com, the online marketplace for digital content.

All his life, through listening, reading, personal experience, and observing, Matthew has been an inquisitive and somewhat quiet observer of whatever lesson was being taught. These teachings that he stored away either in his head or in his journal are now being shared through his own lenses in Mr. Nygren's new 100 page book, "Love: A New Teaching On Love."

Dean E. Mickelson, a friend and co-worker of Mr. Nygren, comments, "Matthew James Nygren gives us a fresh new look at love. He reminds us that love is a basic foundation for our lives. His call is for us to live out our lives in love. Matthew teaches ways to simultaneously increase love for ourselves and others. This book points out that living a life of love is a choice. Once put into motion, it is a continuous growing improvement for our lives. Matthew is urging us to take that step out of our love comfort zones. What do we have to lose? What do we have to gain?"

The book starts by presenting two problems facing the world today, societies driven by unbridled fear and an unbalance between love of self and love of others. In order to remedy these two problems a redefinition of love is given. Subsequent chapters flesh out, in detail, this new definition of love so that we can put into practice daily.

Mr. Nygren states, "I have come to see love as choosing to humbly find ways to holistically nurture the true self of both yourself and others. What does that mean? Well read the book to find out."

Although Mr. Nygren is trained to be a scholarly minister, his experience for the past 4 years as a blue collar worker and having a wife who can make sentences flow has helped him make "Love: A New Teaching On Love" accessible to all.

Lulu.com: Lulu.com is the premier marketplace for digital content on the Internet, with over 300,000 recently published titles, and more than 4,000 new titles added each week, created by people in 80 different countries. Lulu is changing the world of publishing by enabling the creators of books, video, periodicals, multimedia and other content to publish their work themselves with complete editorial and copyright control. With Lulu offices in the US, Canada the UK and Europe, Lulu customers can reach the globe.

About the author: Matthew James Nygren is a husband, father, and constant thinker. He graduated with a B.S. in Religion from Greenville College. His book can be found at www.lulu.com/content/2461945

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