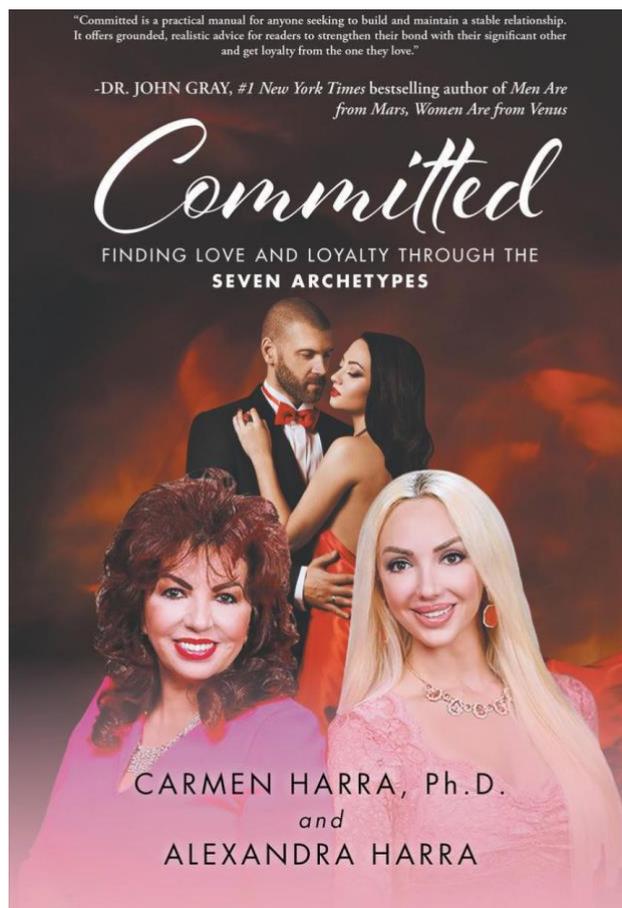


# *Committed*

## *Finding Love and Loyalty Through the Seven Archetypes*

*By Dr. Carmen Harra, PhD and Alexandra Harra*



*Committed conveys a deep understanding of the seven love archetypes that exist along with their unique strengths, weaknesses, and varying capacities to uphold a dedicated relationship. It leads us through a journey of self-discovery as we shed old fears and knock down emotional barriers so that we can cultivate a truly committed relationship with a partner who best complements our archetype. Through timeless wisdom and extensive experience, Dr. Carmen Harra and Alexandra Harra guide us down the path toward getting the love we deserve.*

## *Summary of Committed*

What is commitment and why is it so hard to achieve? We've all struggled in love, but if you picked up this book, it means you're ready to end cycles of pain and disappointment and foster a truly fulfilling relationship.

*Committed* will make you reevaluate the way you think about love. It is a relationship manual that unfolds in two parts: the work you'll need to perform on the inside and the seven distinct archetypes you'll encounter on the outside.

In the first part of *Committed*, you'll learn how to

- reexamine core beliefs you hold about commitment and relinquish harmful assumptions,
- clear karmic patterns that were passed down to you and heal emotional trauma from your youth,
- liberate yourself from people and places that no longer serve you and habits that hinder your relationship potential, and
- develop an unshakable sense of self-worth so that you give love not just to another partner but to the *right* partner.

The second half of our book will teach you how to

- identify your partner's archetype as well as his strengths, weaknesses, mindset, inclinations, and commitment capacity,
- determine your own love archetype,
- make your partner commit based on the needs, fears, and desires of his archetype,
- navigate successfully through the world of online and in-person dating,
- build emotional intimacy with your partner,
- mediate external influences that come between you, and
- apply real-world solutions to resolve any relationship problem.

The goal of *Committed* is to help you find and keep the love you deserve: an authentic, impassioned relationship that fills you with excitement each morning and puts your mind at ease every night.

**Title:** Committed: Finding Love and Loyalty Through the Seven Archetypes

**Authors:** Carmen Harra, PhD, and Alexandra Harra

**Publisher:** Newman Springs Publishing, Inc.

**ISBN-10:** 1636927564

**ISBN-13:** 978-1636927565

**Paperback price:** \$16.95, **Hardcover price:** \$30.95, **Kindle price:** \$2.99

## *Endorsements*

“Committed is a practical manual for anyone seeking to build and maintain a stable relationship. It offers grounded, realistic advice for readers to strengthen their bond with their significant other and get loyalty from the one they love.”

—Dr. John Gray, #1 *New York Times* bestselling author of *Men Are from Mars, Women Are from Venus*

“Powerful and timely! Carmen Harra's book, *Committed*, paves a way for authentic, reciprocal, passionate, and delicious relationships. *Committed* is your user's guide to manifesting and designing deep heart-based connections through self-love. Dr. Harra gives our mind a reason to accept what our heart already knows—that love is the great healer of life. Within these pages you'll discover the miracle of commitment...an alchemic evolutionary journey for experiencing true love.”

—Dr. Darren Weissman, bestselling author of *The Power of Infinite Love & Gratitude* and developer of The LifeLine Technique®

“Harra’s deep understanding of human nature and her insight into the seven main love archetypes are vital to readers who want to develop an authentic, impassioned relationship with their significant other.”

—Iris Benrubi, relationship expert and bestselling author of *Lonely and Single to Loved and Adored*

“With compassion and precision, Dr. Harra walks the reader through the confusing landscapes and minefields of online dating and real-time relationships. Her conversational style packs a lot of wise guidance on how to identify key relationship issues through understanding seven male archetypes: Independent, Workaholic, Narcissistic, Free Spirit, Hopeless Romantic, and Introvert. An archetype is a universal blueprint to the human personality regardless of nationality, ethnicity, race, religion, or culture. The brilliance in this book is the author's gift for presenting complex psychological models in a user-friendly style. Her techniques for self-awareness and reflection are accessible to any reader. If you are looking for love and confused by mixed messages, ghosting, and other weird cyber behaviors, *Committed: Finding Love and Loyalty Through the Seven Archetypes* can serve as a roadmap to finding a healthy relationship.”

—Laurie Nadel, Ph.D. psychotherapist and bestselling author of *The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes*

## *Bios*

### **Carmen Harra**

Dr. Carmen Harra is a world-renowned intuitive psychologist, best-selling author, radio show host, and relationship expert.

In her teens, Carmen began touring throughout Europe as a singing sensation. She released twelve albums that became instant hits. She was first invited to visit America on a singing contract but knew she was destined to stay forever after meeting her soulmate, Virgil, just three days after landing.

As part of her personal transformation, Carmen reinvented her career and began offering sessions as an intuitive counselor, blending her intuitive gifts with the Ph.D. in Clinical Psychology that she earned. For over 25 years, Carmen has helped over 40,000 people rediscover peace of mind, reclaim personal power, and regain joy. Her clients come from all walks of life, from the lady next door to Hollywood celebrities like Jennifer Lopez and eminent politicians like Hillary Clinton. Carmen uniquely combines the normal with the paranormal to deliver powerful and positive change: tried and tested cognitive therapy coupled with the ancient arts of numerology, mediumship, and incredible intuition.

Carmen's first book, *Everyday Karma*, has been translated into over 20 languages. Her six other critically acclaimed books include: *Decoding Your Destiny, Signs, Symbols and Secrets, The Trinity of Health, The Eleven Eternal Principles, Wholeness*, and *The Karma Queens' Guide to Relationships*. Her eighth and newest book is called *Committed: Finding Love and Loyalty Through the Seven Archetypes* and is written with her daughter Alexandra Harra.

You've seen her on shows like *Good Morning America, The View, Good Day New York, Fox News, the Today show, CBS' The Early Show* and on the pages of *The New York Times, New York Post, New York Daily News, The Hollywood Reporter, Vogue, New York Magazine, US Weekly, V Magazine, and Elle Magazine*. Carmen contributes to popular online magazines like *HuffPost, Thrive Global, Sivana East, Bustle, MindBodyGreen*, and many others. She currently hosts a radio show called *Miracle Guidance for Everyday Life* every Tuesday at 7pm EST on OMTimes Radio.

### **Alexandra Harra**

Alexandra Harra is a certified life and relationship coach who is following in her mother's impressive footsteps. Alexandra has been immersed in Dr. Harra's business since her childhood, where she has heard the stories of thousands of people and learned every problem-solving technique through first-hand experience. Alexandra manages Dr. Harra's business and offers her own expert guidance to clients. Her passion is helping young women discover their worth and She writes professionally for the Huffington Post, RelationshipHeadquarters.com, and other publications. Alexandra is the co-author of *The Karma Queens' Guide to Relationships*, her and Dr. Harra's last book which reveals the secrets of transforming your relationships by transforming your karma. Her and Dr. Harra's new book, *Committed: Finding Love and Loyalty*

*Through the Seven Archetypes*, offers a unique approach to finding and keeping love based on relationship archetypes.

## *Links*

### **Carmen:**

[www.CarmenHarra.com](http://www.CarmenHarra.com)

<https://www.facebook.com/DrCarmenHarra>

<https://instagram.com/carmenharra>

<https://twitter.com/HarraCarmen>

<http://www.huffingtonpost.com/dr-carmen-harra/>

<https://thriveglobal.com/authors/carmen-harra/>

<https://omtimes.com/author/carmenharra/>

<https://blog.sivanaspirit.com/author/carmenharra/>

### **Alexandra:**

<https://instagram.com/alexandraharrawriter>

<http://www.huffingtonpost.com/alexandra-harra/>

<https://blog.sivanaspirit.com/author/alexandraharra/>

## *Sample Questions for Carmen and Alexandra*

1. What are archetypes?
2. What made you want to write a book about archetypes in relationships?
3. How did you identify seven archetypes in your practice?
4. What are the biggest obstacles in relationships for each archetype?
5. How can we find out our partner's archetype? How can we find out our own?
6. Here's the million-dollar question: How can we make our partner commit to us?
7. What does learning to be alone have to do with being in a successful relationship?
8. How can we learn to enjoy our own company and be happy if we're single?
9. What are some self-empowering affirmations we can speak each day?
10. You talk a lot about forgiveness. Is it really possible to forgive someone who hurt us?

11. What are the three factors that most affect our love lives?
12. You describe karma as the “memory of the soul.” Can you tell us what you mean by this?
13. How does karma play a role in the people we meet and fall in love with?
14. Do we have the power to change our karma? How?
15. How can we recognize if we’re still carrying former trauma?
16. What are some actions we can take to heal unresolved trauma from the past?
17. What does making peace with our inner child have to do with having good relationships?
18. What is emotional intimacy, and why is it vital to a healthy relationship?
19. How can we heighten the intimacy we experience with our partner?
20. What are some simple solutions we can apply if our relationship is struggling?

## *Learn More*

### **Book**

- Committed: Finding Love and Loyalty Through the Seven Archetypes, by Carmen Harra, PhD, and Alexandra Harra
- **Paperback:** \$16.95, **Hardcover:** \$30.95, **Kindle:** \$2.99
- Booksellers nationwide, Amazon.com, BarnesandNoble.com, etc.

### **Private Sessions**

- Offered via phone, Skype, or FaceTime.
- All life, love, health, career, and family questions answered.
- 10 minutes for \$100, 20 minutes for \$150, 30 minutes for \$250, 60 minutes for \$400.
- Email [CarmenHarra@aol.com](mailto:CarmenHarra@aol.com) or call 917-771-6035.

### **Speaking Engagements**

- Available for all small- or large-scale events, conferences, seminars, etc.
- Experienced speakers on relationships, love, dating, spirituality, intuition, numerology, karma, mediumship.
- Free mini-readings for audience members included.
- Fee depends on type of event.
- Email [CarmenHarra@aol.com](mailto:CarmenHarra@aol.com) or call 917-771-6035.

### **Radio Show**

- *Miracle Guidance for Everyday Life.*

- Airs on OMTimes Radio.
- Tuesdays at 7pm ET / 4pm PT.
- Live, call-in show.
- Available for interviews and promotion.