



Love Louder: 33 Ways to Spark Inspiration and Amplify Your Life

Preston Smiles

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Ex-gang member-turned-inspirational messenger Preston Smiles shakes things up in the world of personal development, sharing a uniquely modern, love-based approach on how to live with more excitement, clarity, and confidence.

Preston Smiles, born in Compton and raised in Los Angeles, is no stranger to a life of adventure. As a teen he joined a local gang that was first involved in petty burglary but later escalated into more dangerous crimes. One night when Preston was fifteen, he was faced with a decision to take a routine ride of mischief with the friends or stay home. Intuition told him not to go. Within an hour, everyone in that car was shot. This tragic event shook him to his core and catapulted him to finding higher purpose for himself.

Love Louder presents a positive approach for getting more love and meaning out of life. With the lessons he's learned through the years, he distills ancient wisdom and new thought teachings into thirty-three timeless tools to living your best life and asks questions such as:

-What do you truly believe you deserve? Are your actions reflecting that?

-What are you a slave to? Facebook? Twitter? Alcohol? Him? Her?

-Do you have the need to be "right" all the time?

Love Louder can help you tackle these everyday challenges and teach you how to live with more excitement, productivity, clarity, and confidence. Full of insights and powerful anecdotes, Preston's motivational story is a heartwarming read for anyone seeking guidance on overall happiness and fulfillment in life.

Love Louder: 33 Ways to Spark Inspiration and Amplify Your Life Details

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From Reader Review Love Louder: 33 Ways to Spark Inspiration and Amplify Your Life for online ebook

Malcolm says

Excellent book, easy to read. I loved the exercises at the end of every chapter. Highly recommend it.

Kelly says

What a great book! It's definitely one that you can go back and read over and over again. There are a lot of thought-provoking questions, positive mantras, and an overall great energy from the author. Even though he's not re-inventing the wheel, he presents the information in such a great way, it's easy to relate to, and you can hear his voice shining through in everything he says. It's an easy read and I highly recommend it. I honestly look forward to reading it again and taking the time to answer the questions he presented throughout the book.

Alicia says

Short read with a lot of actionable ideas.

While reading the book, I did try the mediation and it was an awesome experience.

Julie says

I've read a lot of this stuff before. That is not to diminish the book. It's a good book. It's well written and the chapters are clear and concise to help you (me), the reader on our journey. What you get out of this book is really all up to you. Where are you in your spiritual journey, that will determine what is absorbed. Me, the reason I read this book and the reason I keep reading books like this, is to find the "one thing" or perhaps little snippets from each book, that help it seep in.

I've had this book on my "to read list" for a while. I follow him on Instagram and I like his energy and message. He truly seems to walk the walk and to me, the author's authenticity is what shines through in his work.

Aklnathan Logeswaran says

Most probably one of the best books I have ever read. Having read this book, doesn't actually mean you're done with this book. It's more like a book you always want to get back to, not to get advice, but to draw from it, to help you grow throughout life.

Careful though, I would only recommend this book to people who are ready to let go and dive in, really immersing yourself on the paths to loving yourself!

Those who know me well will agree that each and every word of Preston is deeply embedded in my philosophy of life. I've been on a journey with this soulmate for more than a year for sure, watching every single video of him, so this book was simply the icing on the cake.

In the last year I have grown full of even more confidence, happiness and inspiration to share, and most certainly a huge portion of that is thanks to Preston's constant inspirations which help not only me to be the best version of myself, but also #ShareTheLove.

#IAmWeAre

Brian Tucker says

this is a quick, nice read. preston is a friend of mine who has carved out an incredibly powerful, inspirational path as a wellness/life/transformation coach in the budding sector of wellness media. he and his wife are two very dynamic people who have made a big difference in my life through their constant engagement with this work. i have participated in their online learning program, The Bridge Method, and their Naked Truth workshop out in LA, and they seem to walk their talk.

preston's book does not offer groundbreaking information; rather, it compiles classic universal truths and wisdom into an everyman, digestible form and makes the information easy to understand and implement into your life.

Chloe says

Awesome book!

I just recently subscribed to your Youtube channel (perhaps 3-4 weeks ago) and I got to say I love the vibe you have! Your book speaks so much love, it brings me a smile as I read it; while some pages really had me feel a trigger in my heart. I personally love the high-value questions you posted. I may need to write it down and ask myself these questions throughout the day to keep my vibrations high! Also, thank you for sharing to us your story.

Adam Moskowitz says

Preston Smiles is a modern day guru - a genuine dude that is well along the path to his own enlightenment, and sharing the truths he's learned along the way in a concise modern take on mindfulness, joy, etc. A great, short read.

Jamie Holloway says

I enjoyed this book. You can read my review on my blog.

Tamara Bonamy says

Amazing inspiration and super easy read

Lauren RM says

Love this book. It's almost entirely things I already knew, but he puts it in a new way so I was able to connect with each idea in a new way, and the writing style is warm and easy to read. And he gives action steps - if you're going to read this book, plan to try at least a few of the things.

Debora says

3.5 STARS

I was close to making this book a 4-STAR. Let's start with some wins of this book: I love the narrating voice: it's real, raw, down to earth and original. However, as much as I like the real-ness and the rawness of Preston's story, this book offers insights similar to other self-help books.

Carolyn says

This is a definite keeper for my shelves. I have blogged along while reading this book.... I still have a few more blogs to write, but each chapter has got me thinking and re-evaluating my life.
