

# Author and Celebrity Happiness Coach Rob Mack talks setting boundaries

<https://silosolo.com/443980>

## Summary

Robert Mack, a positive psychology expert and celebrity happiness coach, has written a book titled 'Love From The Inside Out'. The book offers a fresh perspective on the meaning of love and explores the importance of self-love and setting boundaries. The impetus for writing the book came from the author's personal experience of feeling self-loathing and seeking external validation, leading to the realization that external success does not necessarily bring happiness. Love is presented as a form of self-love shared with others, and the book emphasizes the importance of love and happiness as gifts to the world. One of the main lessons discussed is the importance of setting boundaries in relationships and how people-pleasing can be detrimental. The book is based on science, empirical data, research, and the author's own experiences. It can be purchased at various retail outlets, including Amazon, Barnes & Noble, and Target.

## Silo sample questions

- What is the main focus of Robert Mack's book, 'Love From The Inside Out'?
- What is the impetus for writing the book?
- What is the author's perspective on love?
- What is one of the main lessons discussed in the book?
- Where can the book be purchased?

## Topics

Positive psychology

The meaning of love

External success and happiness

Setting boundaries in relationships

Love as self-love shared with others

## Key Takeaways

- Robert Mack is a positive psychology expert and celebrity happiness coach
- His new book, 'Love From The Inside Out', offers a fresh perspective on the meaning of love
- The impetus for writing the book was personal experience and a realization that external success does not necessarily bring happiness
- The book emphasizes the importance of setting boundaries in relationships
- Love is presented as a form of self-love shared with others

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