



Show Notes

Don't have time to listen to the full episode? Don't sweat it. Everything you need is below!

1. [Episode Description](#)
2. [Episode links](#)
3. [Episode topics and time codes \(we want to make your life easy!\)](#)

Episode Description:

Mark Groves had a successful career in sales but after suffering a series of major heartbreaks he got curious. He quit his job and dedicated years to researching the science and psychology of what makes a great relationship work. What he discovered was life changing.

Mark is a Human Connection Specialist, popular podcast host, coach and TED Talk motivational speaker.

This could be one of the deepest episodes yet, so buckle up as we explore the depths of love (for self and others).

[Listen NOW!](#)

Episode Links:

[Mark Groves Instagram](#) (@createthelove)

[Mark Groves Website](#)

[Mark Groves Courses](#)

Episode Topics and Time Codes:

7:20: What is a Human Connection Specialist?

8:16: Define love

9:31: Aligning with your purpose

11:59: Self-worth and societal pressures

14:36: Breaking off an engagement

15:50: Seeking objective advice

16:21: Three life changing questions

19:40: Putting yourself back together after a break-up

22:20: Leaving the relational house

28:47: When things/people are taken away (finding the wisdom in loss)

29:20: Open relationships

34:00: Boundaries and honoring yourself

40:00: Overcoming guilt to create a life of freedom

47:00: Love isn't taught in school (Mark Groves Relationships 101 Course)

55:18: Q and A from listeners – deal breakers and abandonment

1:08:35: Rapid Fire