

# Dr. Elena Eustache Promises to Help Make Valentine's Day Great Again, for Couples and Singles

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Dr. Elena Eustache, the *Encyclopedia of Love* and founder of the *Eustache Institute*, promises to help make Valentine's Day great again for couples and singles, by offering a fresh new perspective on the holiday. Valentine's day is the one day a year where the world joins together and celebrates the person they love. And still, after all of these years of celebration, dating back to the 5<sup>th</sup> century, there are numerous people who still aren't too keen on the holiday for various reasons and Dr Eustache completely understands.

"Whether you're fond of the holiday, or not, single or in a relationship, whatever you do, do not neglect the holiday", said Dr. Eustache. If in a relationship, you could upset your spouse/significant other and that can possibly cause problems between the two of you. For singles, you can indulge in the day by pampering yourself at a day spa and buying yourself something special, because loving and appreciating one's self is extremely important and we often neglect ourselves most. Another great idea is to celebrate your best friend, who might also be single, and rejoice in the friendship the two of you share together. Keep in mind that Valentine's Day is about giving as much as it is to receive. Lastly, it's essential to remember that a number of people celebrate Valentine's Day differently, so, if you're in a relationship it's unwise to compare. While some feel it's important to shower their loved ones with extravagant material items, grand gestures, and five-star restaurants, others find spending quality time with the right person on Valentine's Day is more valuable."

Starting Feb 1<sup>st</sup>, for 14 days straight, Dr. Eustache kicks off her Valentine's Day special on her Instagram show, where she'll post two videos a day, featuring several of today's hottest celebrities appearing alongside her, offering valuable tips on how to make Valentine's Day special again for everyone. At the end of the day, the true meaning of Valentine's Day, named after the enchanting Christian Saint, Valentine, is about being grateful for the love you have in your life, from family, friends, to co-workers, since finding true love and or honest friendships, is an incredible bequest.

## About Dr. Elena Eustache

Dr. Elena Eustache, founder of the Eustache Institute, also known as the Encyclopedia of Love, has a PhD in Psychology and Cognitive Behavior Therapy. In addition to being a relationship expert to the stars, as well as a respected individual counselor, Dr. Eustache also specializes in Neurofeedback Therapy. Dr. Eustache is also the Executive Producer and host of [The Dr Eustache Show](#) on Instagram, where she interviews many of today's hottest celebrities and offers up the "Do's and Don'ts" of love and relationships. Currently, Dr. Eustache is writing her first self-help book, on the subject of love and relationships, anticipated in stores by 2019. You can also enjoy her weekly, Encyclopedia of Love, BLOG at [www.DrElenaEustache.com](http://www.DrElenaEustache.com).

## About the Eustache Institute

Eustache Institute, established in 2009, by Dr. Elena Eustache, specializes in treating neurological disorders with Neurofeedback therapy, Hyperbaric Therapy and Cognitive Behavior Therapy. The Eustache Institute also offers relationship and individual counseling. You can read more about the Eustache Institute by visiting [www.EustacheInstitute.com](http://www.EustacheInstitute.com)

## Related Links

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

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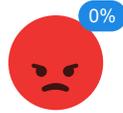
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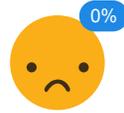
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