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Women Who Love Too Much

WOMEN WHO **LOVE** Too MUCH



When You Keep Wishing
& Hoping He'll Change

Robin Norwood



Synopsis

This is the world-renowned, inspiring, practical program for women who believe that being in love means being in pain. A multi-million-copy bestseller, *Women Who Love Too Much* presents a clear, comprehensive, 10-point recovery plan for women who are addicted to the wrong men for the wrong reasons. Among the vital lessons you will learn in this program are: * How the search for the love you never got from your parents can become a crushing obsession in adulthood. * How to change from loving someone so much it hurts, to loving yourself enough to stop the pain. * How to free yourself from destructive loving and build a healthy, meaningful relationship. This step-by-step self-awareness program offers help, understanding and, above all, hopeâthe pathway to making love the truly happy event it is supposed to be.

Book Information

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Customer Reviews

Women Who Love Too Much has totally changed my entire life. I have been in search of a committed relationship for years. I have ended up in abusive, degrading relationships and had no idea how or why; more importantly, how to get out of the pattern. This book literally had my name on every page. It gives real life examples of people the author has counselled. I was able to identify

with every one of them. It was so easy to see what was not working for those women when I read their stories. It is always so hard to see yourself and your own mistakes. While reading the book, I was able to clearly define moments in my life when I made mistakes, and then learned what other options there were to those situations. I was able to dissect my entire life to see when and where I learned certain "ways of being" especially in intimate relationships. Ways that were addictive and I could not stop myself. I read several sections over and over until I got every last word and could apply it to my life. The book has a section at the end that teaches you steps you can take to alter current patterns to make yourself well and strong. I have always been extremely independent, extremely successful in business, popular, beautiful, smart and I make a lot of money. None of this had anything to do with the patterns imprinted on me from childhood that had me choose men who could not love me if they really tried. It is quite ironic. I always attracted gorgeous, successful, popular men, so you would think everything was great. But they did not love themselves and many of their own issues stemming from childhood disabled them to love someone else and treat them well. These were the only types of men I sought out and did not know it.

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