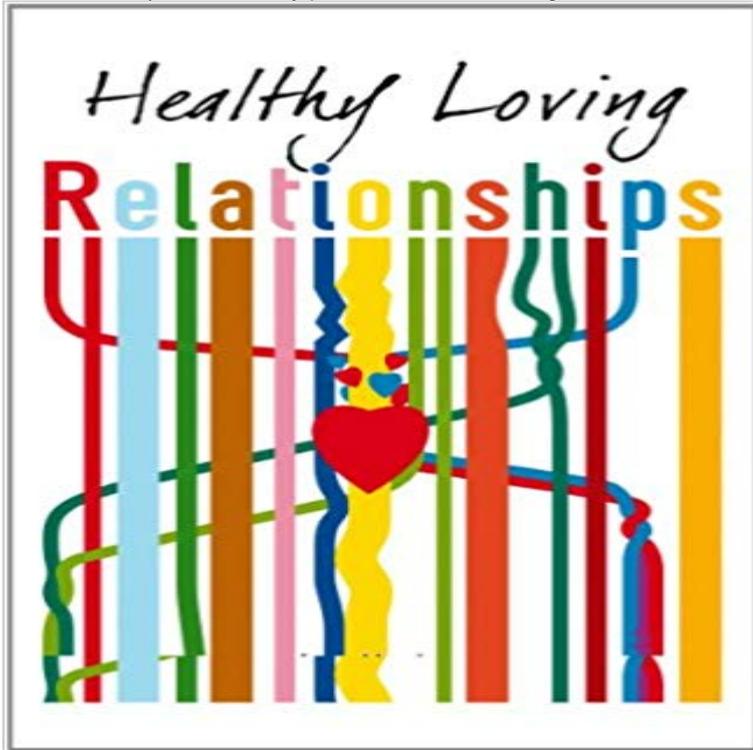


Healthy Loving Relationships



This book is for people who would like to have happier, healthier and more loving relationships than they currently do. It draws on a broad range of understanding and experience to deliver practical, tried and tested advice and useful insights. Relationships can be both simple and very complex things. Healthy Loving Relationships takes a personal, straightforward approach, exploring principles along with practise. This is no dry text book, but the result of years of real life learning from someone who really knows what its like to feel utterly stuck, confused and frustrated in the area of personal relationships - and who found a way through to understanding, success and happiness. In this book learn how to:*

- Resolve the obstacles that can block your path to having the healthy, loving relationship you want.*
- Overcome fears of intimacy, rejection and judgement.*
- Meet people and develop a beautiful connection.*
- Gain a deeper understanding of your friends, family and loved ones - and be better understood.*
- Turn conflict into collaboration.*
- Have a more fulfilling sex life.*
- Be happy in yourself.*
- ... and much more!

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