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# Download Free Love In 90 Days The Essential Guide To Finding Your Own True

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### LOVE IN 90 DAYS

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#### THE ESSENTIAL GUIDE TO FINDING YOUR OWN TRUE LOVE

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**Center Street** Relationship expert and bestselling author Dr. Diana Kirschner uses the latest research and clinical experience to teach you how to find Love in 90 Days. Bestseller Love in 90 Days is even better in this expanded, updated version. It's fun, savvy and based on the latest research as well as renowned psychologist Dr. Diana's experience coaching tens of thousands of single women all over the world through her coaching team. Loaded with easy step-by-step instructions and assignments, this revolutionary love book has been called the dating coach's secret weapon. Most singles unconsciously make the same mistakes over and over again in love, regardless of age, work success, or the type of man they are dating. Using her unique approach, Dr. Diana pulls no punches. She outlines a program that gets women on the path to smash through their self-sabotage and forge a healthy love relationship. Key chapters cover: 1) Deadly Dating Patterns. Identify and break them! 2) Dating Program of Three. Learn how to meet and attract quality men both on and offline 3) Rapid Healing from Heartbreak. Bounce back better than ever. 4) Irresistible Self-Confidence. (brand new chapter). Eradicate destructive dating beliefs and turbocharge your self-esteem

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### LOVE IN 90 DAYS

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#### THE ESSENTIAL GUIDE TO FINDING YOUR OWN TRUE LOVE

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"In this fun, savvy, and grounded book, Dr. Diana Kirschner tells women how to ditch their single days and find the potential man of their dreams in just 90 days."--Provided by the publisher.

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### SEALING THE DEAL

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#### THE LOVE MENTOR'S GUIDE TO LASTING LOVE

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Through her bestseller, *Love in 90 Days*, Dr. Diana Kirschner helped thousands of women find true love. Now she has written the perfect follow-up: *SEALING THE DEAL*, a unique guide to deepen any love relationship, to move from casual to committed, and ultimately to go from the anxiety of not knowing where things are going ... to the security of fulfilling and lasting love. Love Mentor Dr. Diana offers revolutionary advice for finding-and-keeping-the one you love: Create irresistible attraction and an atmosphere that men love to be around. Find out the single most important thing you can do to get a sincere commitment from the guy you want. Keep that crazy-in-love feeling going, no matter how long you've been together. Learn the secret to instantly resolving conflict with your man. Know when to have "the talk": Don't think it matters when you bring it up? Think again. Avoid the biggest mistake women make when he's "not ready" for a commitment Get your relationship back and better than ever, even if he has cheated If you have love problems, Dr. Diana has the solutions. This book is your key to creating your own happiest-ever-after now.

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### GETTING THE LOVE YOU WANT

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#### A GUIDE FOR COUPLES

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**Macmillan** A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

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### TRUST AFTER TRAUMA

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#### A GUIDE TO RELATIONSHIPS FOR SURVIVORS AND THOSE WHO LOVE THEM

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**New Harbinger Publications Incorporated** Examines the feelings of loneliness and mistrust suffered by trauma survivors, explores how these feelings affect personal relationships, and suggests ways of negotiating and coping with the trauma for improved relationships

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### FROM SHY TO SOCIAL: THE SHY MAN'S GUIDE TO PERSONAL & DATING SUCCESS

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**Sunbow Press** "Engaging, well-researched and frequently hilarious, *From Shy To Social* is one of those rare self-help books that feels like you're being coached and encouraged by a trusted friend. An absolute must-read for all of the love shy men out there." — Sofi

Papamarko, Relationship Columnist & Contributor to The Huffington Post and The Globe & Mail Keywords: Dating success, relationship advice, pickup artist women dating sex, confidence building presentation, assertiveness training public speaking, improving social skills conversation

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## LOVING GREATLY

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### A COUPLE'S GUIDE TO IGNITING LOVE AND HAPPINESS IN THEIR RELATIONSHIP

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**CG Writing Services** *Loving Greatly: A Couple's Guide To Igniting Love And Happiness In Their Relationship*, the 7th book written by prolific writer Winsome Campbell-Green, is a book that seeks to help couples who have the desire to work together to make their marriage or relationship work. It's not often you come across a book that is gripping, poignant and riveting, and offers practical solutions to issues couples are facing. Honest, inspiring and written from the heart, Winsome Campbell-Green shares personal experiences of her own marital journey. The book teaches you how to: -Escape co-dependency and discover your voice -Love authentically within a relationship or marriage -Defy expectations and learning how to respect the differences in relationships -Avoid relationship mistakes and learn how to meet your needs -How to ignite the sparks of friendship, passion and romance in your marriage -How to be the best version of yourself by adapting a healthy lifestyle to bring you closer as a couple -Invest in each other emotionally, physically and spiritually in order to shine together and -How to love yourself from within and boost your self-esteem. Throughout this book, Winsome Campbell-Green offers useful and practical solutions as wife after God and a true woman of purpose. Her hope is that this book will help couples to enjoy and experience a more meaningful relationship and marriage. You can read this book as many times as you want to fire up the love, passion, romance and happiness in your relationship and marriage!

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## REKINDLE YOUR LOVE

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### PSYCHOLOGICAL TACTICS FOR BIG SUCCESS IN RELATIONSHIPS

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**Booktango** The road to love has never been a smooth one. From Adam and Eve's problem with produce, to Samson and Delilah's unplanned makeover couples have struggled to find and keep a healthy relationship. Most will agree that the secret to a happy healthy relationship is honest communication and common interest, mixed with a sense of humor and a liberal dash of understanding. But what do you do when things are already on a rocky path? How to you preserve your relationship? Or even rekindle the dying flames of love? This book will teach you the tools you need to have a happy healthy committed relationship that will let you get the most out of life. Rekindle your love will not only teach you the secrets to reclaiming lost love but it will help you to keep the relationship you have healthy and moving in a positive direction. This book will help you to achieve the kind of romance you have been dreaming of!

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## THE LOVE PROJECT

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### A STRIPPERS GUIDE TO A FUN LOVING RELATIONSHIP

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This is a true story of a veteran stripper, who implemented her erotic secrets into her relationship. She shares her love, health and staying sexy tips with women to enhance their lives and love relationships.

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## CHASING BLISS

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### A LAYMAN'S GUIDE TO LOVE, FULFILLMENT, DAMAGE CONTROL, REPAIR AND RESURRECTION

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**Storyfix.com** Marriage is hard. Living together in a committed, non-traditional relationship is just as hard, maybe more so. A less than completely satisfying level of happiness and fulfillment within a primary relationship is perhaps the most common human dysfunction in the modern world. So much so that we have come to accept something less than complete bliss in our marriages, partnerships and domestic arrangements as the normal state of things, an expectation born of human imperfection and the pressing need for constant compromise. We have redefined it as something less than the word bliss actually implies. Coming even mildly close to bliss is considered a rousing success, but even then, whatever sliver of unrest, anxiety and inconsistency remain can flare into a torrent of restlessness that could one day again render you single. In CHASING BLISS, Larry Brooks shows us a path toward bucking that trend through the channeling of our imperfection toward a perfectly functional awareness of how we might be contributing to the problem, while becoming coach and therapist when we're not. While repeatedly reminding the reader that some problems remain the province of professional counselors, CHASING BLISS holds up a mirror to the many ways time and apathy become toxic factors in reducing loving relationships to something less than how they began, with kindness, togetherness, sexual satisfaction and hope the price of growing apart while growing weary of each other. The book is divided into three sections: ten reasons why men might cheat... ten reasons why women might leave the nest for a better life... and an exploration of eight primary realms of relationship, the mastery of which becomes a tool chest of strategies and solutions that not only mitigate decline, but serve to refuel the chemistry and hope that once brought you together. This goes beyond the theoretical with specific actionable responses and alternatives to some of the most common challenges couples face, while clarifying tough, indisputable truths about the roles we play in our own domestic tragedies. Even if we feel - all the way to divorce court - that it was the other person's fault. This, promises the author, is the stuff your shrink will goad you into realizing for yourself, but without the weeks and months of therapy it could take to reach that point with clarity and purpose. It's all right here, in your face, unassailable and immediately useful in real life. In her Foreword to the book, Dr. Carrie Rubin says this: the beauty of this book is its power to be a tool for both relationship recovery and healthy relationship maintenance. For those in good shape, its advice will serve as a protective life vest, one that will keep you from sinking into troubled waters." Brooks knows from where he speaks, having been down the road to failure not once, but twice, and is now twenty years happily married to a woman that challenges him to be the best version of himself, with immovable consequences if he is not. "On paper we shouldn't work," he writes, "but we are living in a state I can only describe as bliss, if bliss is defined as inclusive of the trials

and challenges that are inevitable and ready to rip you apart. Now we are stronger than the problems life throws our way, not because we are better or smarter than couples who don't make it, but because we are vulnerable to these truths and committed to the principles of interaction and loving partnership that are necessary to make it to the other side." These truths are the heart and soul of *CHASING BLISS*, a book for people who want to make love work, but fear they aren't up to it. With these principles, you just might become the couple that gets there through an understanding that bliss is not a destination or a finish line, but the road itself. Which, armed with empowered awareness and sensitivity, you can now actually pave with the good intentions that others blame.

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## LOVE AND DIAMONDS IN 90 DAYS

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### A GUIDE FOR EVERYTHING YOU MUST KNOW TO PLAY THE DATING AND MARRIAGE GAME FOR KEEPS!

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### HOW TO WIN HER AND INFLUENCE HIM

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### THE ULTIMATE GUIDE TO UNDERSTANDING AND FIXING RELATIONSHIP PROBLEMS

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**CreateSpace Relationships:** you start out madly in love and somehow end up just mad, angry, lonely, discouraged, frustrated or even heartbroken. Why do relationships have to be so hard? In *How to Win Her & Influence Him*, Genie Goodwin unveils the most common reasons relationships can be so difficult and the miraculous strategies you can easily do that can melt the troubles away. Men and women live in two different worlds, expecting totally different things from each other. Because of that we misinterpret and misunderstand most signals. When we give each other the "wrong" things, we think we aren't loved and it causes conflict and massive pain. Transform your relationships with practical and powerful secrets of walking in love. You can create a whole new, long-lasting, passionate relationship with the one you love instead of being angry, frustrated, and lonely. Improve communication, connection and cooperation to create a legendary love affair.

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## BOOKS CHILDREN LOVE (REVISED EDITION)

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### A GUIDE TO THE BEST CHILDREN'S LITERATURE

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**Crossway** A love for reading is one of the most precious gifts that we can give children. It nurtures their imagination and creativity, lets them explore other worlds, and opens their minds to new truths and knowledge in appealing, inspiring ways. But how can we sort through thousands of children's books to discover the really worthwhile ones? Elizabeth Wilson offers us a newly revised, comprehensive guide to the very best in children's literature. Just as in the original volume, she comments on the tone and content of excellently written, captivating books in over two dozen subject areas. Hundreds of new titles have been added while retaining timeless classics and modern favorites—all of which respect traditional values. So that no matter what the children's ages are or whether they love fact or fiction, you can trust these books to share things that you can believe in and kids will delight in.

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## HOW TO DO ONLINE DATING FOR WOMEN

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### YOUR STEP BY STEP GUIDE TO DOING ONLINE DATING FOR WOMEN

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**HowExpert** If you are a woman who wants to learn how to do online dating the right way, then get "How To Do Online Dating For Women" written by a woman with a lot of experience meeting and dating men from online dating. If you want to learn the best way to handle dating online, look no further—this is the guide on how to get the best experience out of online dating—for women! This book offers simple answers and advice on how to succeed in a quick and easy step-by-step guide. In *How To Do Online Dating For Women*, you'll find amazingly helpful hints on how to: - Add the online advantage to your day-to-day regular dating life. - Get plentiful messages from the men you really want to hear from. - Save the most money by making the most of free online dating sites. - Create a profile that is genuine and still alluring. - Use your profile pictures to put your best face forward! - Sharpen your interpersonal/social skills while hunting down Mr. Right. - Make every weekend (and even weeknights!) truly memorable and fun-filled. - Inspire confidence in yourself and feel great about the adventurous woman you know you can be. - You'll be the envy of all your girlfriends with your new found dating prowess. Each chapter details the best approach to each and every aspect of the online dating scene with step-by-step instructions that are incredibly easy to put into practice! *How to Date Online: For Women* will revolutionize the way you date! HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

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## EMBRACING GREATNESS

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### A GUIDE FOR LIVING THE LIFE YOU LOVE

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**Sojourn Publishing, LLC** *Embracing Greatness: A Guide for Living the Life You Love* takes the lid off previously held beliefs you have about yourself and the world around you. In this book, you'll learn how to shine a conscious light of inquiry and understanding on those beliefs. The process revealed in *Embracing Greatness* helps you uncover the special contributions you're meant to make in the world and action steps toward them. Get ready to transform your life - your relationships; your physical, emotional, and spiritual health; your financial freedom; your joy in life; your business and creative expression; and the ability to do what you want, when you want, where you want, and with whom you want. Find out more at [www.EmbracingGreatness.com](http://www.EmbracingGreatness.com). Even before its publication, here's what people who received advance copies said about *Embracing Greatness: A Guide for Living the Life You Love*. "Sophia Falke has nailed it! In her own inimitable way Sophia helps you discover the beauty and purpose in your uniqueness ... Please read this book!" Mike Rayburn, CSP, CPAE, Hall of Fame Keynote Artist. "If you're ready to live the life you would love, ... You will forever thank yourself for reading and applying this wonderful book." Mary Morrissey, International Speaker, Best-Selling Author, CEO Consultant. "Embracing Greatness is for anyone who wants to discover and cast aside long-held barriers to personal success." Kathleen Quinlan, MSW, LCSW, Author/Producer of *The Land of Love*. "As a business owner who left corporate life to start my own business, I was inspired by Sophia's

message..." Deborah Armstrong, *Small Business Owner*. "Embracing Greatness is like taking a walk on a warm spring day with a much respected mentor while getting the pep-talk of a lifetime. Filled with inspiration, doable exercises, and heartwarming stories of real people making tremendous positive changes, this personal-growth handbook is a true gem!" Cate Montana, MA, Author of *The E Word: Ego, Enlightenment & Other Essentials*.

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## THE NEW INTIMACY

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### DISCOVERING THE MAGIC AT THE HEART OF YOUR DIFFERENCES

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**Hci** Shows how to turn conflict and disappointment in a relationship into opportunities for learning, mutual growth, and intimacy

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### HOW TO MARRY KEANU REEVES IN 90 DAYS

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**Forever** "A rollicking rom-com full of fun, complex characters, laugh-out-loud one liners and delicious banter," perfect for pop culture fans (NPR). Bethany Lu Carlisle is devastated when the tabloids report actor Keanu Reeves is about to tie the knot. What?! How could the world's perfect boyfriend and forever bachelor, Keanu not realize that making a move like this could potentially be devastating to the equilibrium of...well...everything! Not to mention, he's never come face to face with the person who could potentially be his true soulmate—her. Desperate to convince Keanu to call off the wedding, Lu and her ride-or-die BFF Truman Erikson take a wild road trip to search for the elusive Keanu so that Lu can fulfill her dream of meeting her forever crush and confess her undying love. From New York to Los Angeles, Lu and True get into all sorts of sticky situations. Will Lu be able to find Keanu and convince him she's the one for him? Or maybe she'll discover true love has been by her side all along... Book Riot: Best 2021 Romantic Comedy Books Book of the Month selection Cosmopolitan: Best Romance Novels to Warm You Right Up

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### DATING BACKWARD:

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### A PRACTICAL GUIDE TO DATING AND FINDING YOUR SOUL MATE

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**CreateSpace** *Dating Backwards* is a fresh look at some old concepts along with some common sense ideas about dating. It is a path to discover the extraordinary person you are and who will best be your extraordinary partner in life. This book will help you identify the different types of love, introduce you to the concept of the Four Cornerstones of Relationships and show many of the mistakes people continually make as they search for and enter into relationships. The principles in this book are designed to help singles from 18 to 80 and beyond. The journey begins with determining what type of relationship you want and then you will be guided in developing your "Must Haves" list. This list is the discovery of characteristics which results in the best relationship for you. We help you uncover the "Deal Breakers" which guides you away from repeating the same mistakes over and over. You will learn to identify your personal Red Flags that are warnings signs which provide you protection and guidance in choosing a potential mate. You will find guidance to help you to determine and discover what qualities you have to offer to a potential mate and uncover any qualities you possess that may be "Deal Breakers" to others. We all carry baggage in life and into a relationship. What is packed in your bag? Do you bring family issues? Do you bring issues from past relationships? Common questions answered are: How soon should you date after a divorce? What about dating after the death of a spouse? Do you have children and what is the impact of dating on them? How do you prepare your family for you entering back into dating? Then there are the extended families. How do you and your potential mate get along with each other's extended family? What about exes and their extended families. How will all of these potential relationships affect your relationship with your soul mate? These questions are covered and more. Extraordinary communication is extremely important in a relationship. This book will help you with a basic understanding of verbal and non verbal communication. Open communications on topics that can be difficult to discuss are addressed. Topics like; How do you handle money? Physical intimacy, food, music, household chores, hobbies, spare time are just a few of the topics that require excellent communication. Finally, we discuss dating, where to look, and how to present or market yourself to find a potential mate. We also review Respect, One Sided Romance, Physical Intimacy and Loneliness among other situations that can occur while on your journey to seek your soul mate. This book is the culmination of many years of education (both formal and informal), observation, personal experience and prayer. God has blessed Rick and Penny by bringing them together to create this work. There is also some other very good information available and some of it we even recommend as additional resources to our readers. The key is to find what works for you. Hopefully you will gain some practical information that will help turn your unsuccessful dating and decision making habits into an extraordinary relationship. Our society has neglected, ignored and drifted away from the use of this practical information for more than 50 years. It is our grandest hope that this book will help at least some of our readers make better dating (and life) decisions and start Dating Backward.

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### PROJECT INTIMACY

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### YOUR GUIDE TO RELATIONSHIP HAPPINESS

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**Broken Couch Creations Incorporated** NEW TECHNIQUE CONNECTS COUPLES "Truly original, in over 30 years as a counselor educator, I've never seen anything like this." - Mark E. Young Ph. D. Professor, Counselor Education Teaches you how to: Connect on a CORE level with your partner Build trust and effective communication skills Work through ANY issues together as a team Feel valued and appreciated by one another Truly be there for one another when needed See if there's HOPE for your relationship Do you know why so many couples fail or feel like something important is missing from their relationships? It's because no one ever taught them how to create and sustain an intimate connection with a partner. Whether you're single, in a relationship that's going strong, or having problems, you can benefit! This breakthrough technique shows you, step-by-step, how to create the most intimate connection possible. Project Intimacy is a quick, easy read with interactive charts, diagrams, chapter takeaways, and self-awareness exercises that are full of practical applications. Give your relationship the best chance at success and equip yourself with the knowledge to experience the love you desire. Begin your journey, visit [www.projectintimacy.com](http://www.projectintimacy.com) to see a FREE EXCERPT today.

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## EXPRESSIONS OF LOVE

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*Expressions of Love is about learning to have a lasting love relationship with the one you love. It reminds or teaches the things a couple needs to do in order to have the love life we all desire. The book also can begin to help rid oneself of shyness, and will help in developing a dynamic personality. It will also help make you a better lover.*

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## THE COMPLETE MARRIAGE COUNSELOR

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### RELATIONSHIP-SAVING ADVICE FROM AMERICA'S TOP 50+ COUPLES THERAPISTS

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**Simon and Schuster** • *More couples than ever before are seeking relief from couples therapy (American Association of Marriage and Family Therapy) • Author is the Dating Doyenne for iVillage and writes the column "Dating After 40" for More magazine • Amatenstein has provided relationship advice for VH1, BBC, Lifetime, Inside Edition, Regis and Kelly, The Early Show, CBS News, and many other programs • Contributors are the most well-known marriage counselors in America, including: Dr. Judy Kuriansky, Dr. John Gray, Dr. John Gottman, Dr. Warren Farrell, Dr. Harville Hendrix, Dr. Ruth, and more Combining the best advice from the best counselors across the country—couples on the brink of divorce finally have the answers they need. Bringing this prestigious group of experts together for the first time, Sherry Amatenstein offers readers advice based on counseling sessions with real couples from around the country. By selecting the 101 most-asked questions after polling 50+ notable counselors in America, Sherry gets to the heart of the real problems couples are facing today. With questions about everything from sex and money to infidelity and communication, troubled couples will realize they're not alone while absorbing the best advice there is on the market today. Questions include: • I hate his family. What can I do to get out of seeing them so often? • Why does she always overspend? • How do I/do we get over an affair? • How can we stop being so bored? • Why does she treat me like I'm the enemy? The ultimate resource for unhappy couples, The Complete Marriage Counselor features marriage-saving solutions that really work.*

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## ABCS OF LOVE

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### 26 LOVE IDEAS FOR A HAPPY & SUCCESSFUL RELATIONSHIP NOW

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**Createspace Independent Publishing Platform** *You're about to discover how to... use the many aspects - the ABCs - of love that can help you enjoy a happy and successful relationship starting now. And if you already have such a relationship, learning these aspects can help you make it even more joyful and fulfilling. To make it more fun, I'll literally present to you the ABCs of joyful, successful and fulfilling relationships, whether romantic, familial, or friendships, i.e., in the same alphabetical order as the alphabet. From A to Z, you'll learn how to take your relationships to the next level of happiness, success, and fulfillment.*

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## THE BOOK BIBLE

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### HOW TO SELL YOUR MANUSCRIPT—NO MATTER WHAT GENRE—WITHOUT GOING BROKE OR INSANE

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**Simon and Schuster** *A Brilliant, Buoyant Guide to Publishing Your Book Hundreds of thousands of books come out every year worldwide. So why not yours? In The Book Bible, New York Times bestseller and wildly popular Manhattan writing professor Susan Shapiro reveals the best and fastest ways to break into a mainstream publishing house. Unlike most writing manuals that stick to only one genre, Shapiro maps out the rules of all the sought-after, sellable categories: novels, memoirs, biography, how-to, essay collections, anthologies, humor, mystery, crime, poetry, picture books, young adult and middle grade, fiction and nonfiction. Shapiro once worried that selling 16 books in varied sub-sections made her a literary dabbler. Yet after helping her students publish many award-winning bestsellers on all shelves of the bookstore, she realized that her versatility had a huge upside. She could explain, from personal experience, the differences in making each kind of book, as well as ways to find the right genre for every project and how to craft a winning proposal or great cover letter to get a top agent and book editor to say yes. This valuable guide will teach both new and experienced scribes how to attain their dream of becoming a successful author.*

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## THE EMPOWER MODEL FOR MEN

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### A GUIDE TO MORE CONSCIOUS LIVING

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**Bodhi Publishing Company, LLC** *This book is designed to guide you toward making the empowering personal choices that lead to greater fulfillment within any aspect of life. By living more consciously, you may begin to tap into your greatest potential for creating more love, joy, peace, and abundance. Organized within the seven steps of the "Empower Model," this book offers you the practical wisdom and tools to live More Consciously and Empowered! To live "consciously," is to live in present moment awareness, while aligning with higher principles. To be "empowered" means to live within the strength that supports us in choosing to honor ourselves and others in all situations. This is possible for all people, yet it takes more than wishful thinking, and it cannot be provided by anyone else. What is required is an incremental shift from within; the on-going practice of personal and spiritual growth and healing. This will take great courage, honesty, accountability, and the intention of living your life to its greatest potential. ARE YOU READY to live your highest purpose and potential?*

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## MAKING LIFE EASY

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### A SIMPLE GUIDE TO A DIVINELY INSPIRED LIFE

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**Hay House** *"Northrup explores [what she feels is] the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation,*

life can become a constant battle to make your body 'behave'--Dust jacket flap.

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## **LEAVE THE LOSER!**

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### **A PRACTICAL GUIDE FOR LEAVING AN UNHEALTHY OR ABUSIVE RELATIONSHIP**

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*Leave the Loser!* shares inspiring stories from those who have endured unhealthy or abusive relationships and provides insights as to why some people leave while others stay. This book sheds light on some of the most common objections we have with ourselves as to why we cannot leave an unhealthy or abusive relationship, and offers a practical step-by-step guide to support the difficult choice of breaking free, if that is your choice. You will have the opportunity to evaluate your own situation and make some empowering choices to change your life.

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## **NO MORE NICE GUYS**

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### **HOW MEN AND WOMEN CAN ESCAPE NICE GUY SYNDROME**

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**Createspace Independent Publishing Platform** Who wants to be a Nice Guy, eternally on the friendship track, forever finishing last? Yet many men choose the Nice Guy life without even realizing it, without really understanding what lurks in the sub-basement of Nice Guy Syndrome. Consider the following examples: \* Debbie thinks Bill is kind, considerate, and decent, but after months of dating, she feels no spark, no special tingle, no attraction. "I feel so bad," she says. "I really ought to love him, but I don't, even though I want to" \* John has just been dumped again after weeks of bending over backwards to keep the relationship alive. "Now she'll start seeing some macho asshole," he says. "Why do I always get dumped?" \* Everyone in the office is talking about it. Bob, the perfect husband, the avid churchgoer, the devoted family man, split with his wife when she discovered him having an affair. "An affair?! Bob?! I can't believe it." Each is suffering Nice Guy Syndrome, not always easy to identify and even harder to overcome-- but that's because nobody is talking honestly about the root of the problem. In the spirit of *He's Not That Into You* and other books that speak hard truth about relationships, I offer *No More Nice Guys*, a field guide for the men who suffer from NGS and the women whose lives they mess up.

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## **MAKING LIFE EASY**

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### **HOW THE DIVINE INSIDE CAN HEAL YOUR BODY AND YOUR LIFE**

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**Hay House, Inc** You know Dr. Christiane Northrup as the best-selling author of books such as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body "behave." When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to: • Untie the knots of blame and guilt that harm your health • Use sexual energy consciously to increase vitality • Balance your microbiome through healthy eating • Cultivate a healthy ego that serves you (not vice versa) • Communicate directly with the Divine • And much more Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

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## **DON'T DATE A PSYCHO**

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### **DON'T BE ONE, DON'T DATE ONE**

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**CreateSpace** "What are you, some kinda PSYCHO?" How many times have you said this to someone? Probably a lot. How often has someone said this to you? Hopefully, not so much! Truth is, we've all dated or been involved with someone who drove us nuts or, if we haven't, chances are that we were the ones who got on the other person's nerves. Now, the question is: who is the Psycho; you or the other person? *Don't Date a Psycho: Don't Be One, Don't Date One* looks at why we behave in the ways that we do in relationships, what makes us stay with the person we're with and what makes us leave them, and how to tell who is safe to be in a relationship with and who is unsafe. Done with humor and written from more than two decades of clinical experience as a psychologist, Dr. Keiron Brown helps us to gain a clearer understanding of who we are as individuals, who we are as partners in relationships and what makes each and every one of us prone to acting a little nuts sometimes when our hearts are at stake.

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## **FORTITUDE**

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### **THE ESSENTIAL GUIDE TO BUILDING AND SUSTAINING MENTAL TOUGHNESS**

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"Mental toughness is the natural or developed psychological edge that results from a collection of skills, attributes, values, emotions, and behaviors that allow people to overcome any obstacle, adversity, or pressure as well as deal with the general day-to-day demands (lifestyle, training, competition) placed upon them and still remain consistent, focused, confident, and motivated to achieve their goals." *Fortitude* is a guide for high performing athletes and business professionals on understanding mental toughness, how to build and sustain it over time. Kate Allgood built her business helping individuals like you learn what it takes to perform under pressure. In this book you'll discover: - What you need to know to build real and long lasting confidence- How to improve the ability to focus and refocus - The power of mindfulness- How to build motivation in yourself and others - And much, much, more! "Kate is a force in the

sports business and with her new book she brings the best insight directly to your field of play." Jeremy M. Evans, Founder of and Managing Attorney at California Sports Lawyer(R) "If you want to step up your game, your business or just kill it in life, Fortitude is an easy to read guide to do it."- Majo Orellana - Pro Athlete, Coach and Entrepreneur

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## A LITTLE BIT MARRIED

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### HOW TO KNOW WHEN IT'S TIME TO WALK DOWN THE AISLE OR OUT THE DOOR

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**Hachette+ORM** This insightful guide full of expert advice and anecdotes to help you navigate that confusing time after "just dating" and before "I do." You've been dating for more than a year. You talk on the phone with his parents. You go on vacations with each other's families. And yet, you're still left wondering: "Where is this going?" If this sounds familiar, you're not alone. While no one needs to rush into marriage, many women find themselves in the seemingly endless state of being a little bit married. In this practical, no-holds-barred guide, Hannah Seligson delivers an eye-opening look at why serial long-term relationships have become the new romantic rite of passage. From making life-changing sacrifices for your partner to dealing with doubts, Seligson explains how to make the most of this ambiguous situation, including: • What are the signs that your partner is ready for long-term commitment? • How do you make decisions about careers, cohabitation, and religion when there isn't a ring? • What's the best way to mention the "M" word to a commitment-phobe? • How long should you stay A Little Bit Married before tying the knot . . . or moving on?

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## WOMEN

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### DON'T TAKE THE BLAME

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**Createspace Independent Publishing Platform** Women, you need to stop and take a good look at what is real to see your position in a relationship. Where is it going? Has marriage been discussed after one year of courting? Does integrity guide this man? Can his word be depended upon? In *WOMEN DON'T TAKE THE BLAME*, Dr. Margarita D'Andrade helps to answer these questions and more.

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### LOVE ME GENTLY

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**Createspace Independent Pub** What happens when Cooper, a newly adopted puppy, takes up residence in Henry's home? The little pooch sure is adorable, but who knew he had so much to learn! *Love Me Gently* is a kid's guide to man's best friend. It captures the everyday challenges of raising a pup through a child's eye. But who is teaching who? Henry may be coaching Cooper, but he is also discovering valuable lessons about responsibility, unconditional love, patience, and kindness along the way!

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### 90 DAYS DIET CHALLENGE JOURNAL

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### SIZE 6X9 PERSONAL FOOD EXERCISE WEIGHT LOSS CALORIE COUNTER RECORD NOTEBOOK DIARY TRACKER BOOK

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**Createspace Independent Publishing Platform** 90 DAYS Exercise & Diet Journal is your companion during your 90 day diet. Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts. This easy-to-use record the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, weight, sleep, glasses of water, and servings of fruits and veggies. Ideal for quick record keeping at home, at work, or on the go. Size: 6x9 Inches Planner, Motive and chalange yourself. Get started today with 90 Day Diet Challenge Journal!

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### LOVE AND GRACE

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### GOD IN STEREO

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### RUNAWAY BRIDE

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### LOVE IN LITTLE TREE, BOOK TWO

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**Mk Books** A *RUNAWAY BRIDE* Grace Marshall fled the church moments before her ceremony, leaving her twin sister buttoned into the wedding dress. A risky move for a good reason, and now she has to deal with the fallout. She expects the town and her family to be angry, but not this cowboy she just met. Who is he to judge? *WITH SECRETS TO HIDE* Horse trainer Mike Torres Thompson fabricated new identities for his siblings in order to keep them together after their parents died. Different location, different names, different lives. Once these last two kids are on their feet-and those feet moving out his door, he can pursue his own dream of a ranch for abused horses. Then he meets Grace, and all his carefully-formed plans run away like a mustang. Or a bride. Neither denies their physical attraction, but love? Can the runaway bride and the responsible family man overcome their pasts and learn to trust? Will they be able to take a leap of faith toward a future together? ----- Author's note: While this is the second book in the series, it can be read at any time as a stand alone. I hope you enjoy them all, in whatever order you read them. **WHAT REVIEWERS ARE SAYING ABOUT MEGAN'S BOOKS: THE WEDDING RESCUE**, Love in Little Tree Book 1 4 Stars (at the Long and Short Reviews site; 3 stars on Amazon), Long and Short Reviews The Wedding Rescue is a full bodied romance filled with a lot of emotional layers. There's gentle humor, characters that are genuinely likeable, and a few that are not, with good reason. It's a well told romance story that takes the time to explore all the nuances of ranch and community life and shares with a reader all its charm and quirks. 4 Stars, Jeep Diva reviews a slow burn type of romance ... you need to read this one! *STAND-IN MOM* 4 1/2 Stars, Romantic Times Book Reviews a -charming romance- and -a runaway good read.- 4 1/2 Books from Long and Short Reviews -rich in emotional detail- Voted Book of the Week at LASR Readers 4 Cups from Coffee Time Romance -This is a book you will be glad you took the time to read.- *THE MARRIAGE SOLUTION* 4 Stars, Romantic Times Book Reviews -a sweet story of love and parenting.- *MARRYING THE BOSS* 2008 Romantic Times Reviewers Choice Nominee Best First Book

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## EAT TO LOVE

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### A MINDFUL GUIDE TO TRANSFORMING YOUR RELATIONSHIP WITH FOOD, BODY, AND LIFE

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**Lionheart Press** *In Eat to Love, nutritionist Jenna Hollenstein leads a spiritual revolution against pervasive attitudes towards food and dieting, and demonstrates how to free your mind from the fear, frustration, and shame often associated with eating.*

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## WALKING INTO LOVE

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*Grief put her down. Can love pick her up? Newlyweds Renny and Adam Carter have been married for six wonderful months. One evening their peaceful ride down a misty two-lane road in Whisper, North Carolina is tragically interrupted. They're hit by a truck carrying tree logs. Renny's husband is instantly killed. She escapes with a broken life, a broken heart, and a fractured mind. Merek Spencer's mother was kidnapped fifteen years ago. The event shocked the small and idyllic town of Whisper. But soon the spectacular crime lost its luster, and things returned to normal for everyone except Merek and his father, James, who blames himself for the crime. For this reason, Merek has had to play role reversal with his father. And despite Merek's model good looks, he is a loner by choice, working late hours as an architect. At age 36, he has had plenty of opportunities to open himself up to love, but for some reason he cannot. All of that changes when he meets Renny Carter on the worst night of her life. He pulls her out of a wrecked car and his long dormant feelings awaken from their deep sleep. Reluctantly and ashamedly, Renny also feels the connection. Merek and Renny part ways never expecting to see one another again. Fate has another plan. How soon should love arise after a devastating loss? Can such a love be legitimate? What about the guilt? Can such a love be of God?*

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## THE ESSENTIAL GUIDE TO WALT DISNEY WORLD

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### 2023

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**Travel Made Easy** (Updated 9/1/2022 - Includes Lightning Lanes & Genie+!) *Walt Disney World is more than its four amazing theme parks and two water parks. It goes far beyond the hundreds of restaurants and themed hotels. Learn valuable, time-saving secrets that show you how to travel like a VIP in this comprehensive tour guide, written by Orlando locals and Disney insiders. It's Disney Made Easy. Here is just a portion of what we share: \* Temporary changes for Covid-19; \* Over 50 freebies you can take advantage of around Disney World; \* Special activities outside of the parks; \* How to reserve Lightning Lanes and use Genie+ so that you don't waste time in hot lines; \* How to get extra hours in the parks; \* How to save money on food; \* The best hotel value for your size of family; \* Where to dine with your favorite characters; \* How to get the most of your character meet-and-greet experience; \* Romance in the parks; \* What you will find inside Florida's newest "town," Disney Springs, Walt Disney World's downtown shopping center with food and entertainment; \* Information on behind-the-scene tours and special events; \* How to avoid crowds; \* What months and days to visit; and \* What to wear to ensure your comfort during any season*

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## VIETNAM HANDBOOK

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*In Love in 90 Days, Dr. Diana Kirschner gave women a roadmap for finding true love within three months. Now she has written the perfect followup: a guide to moving from 'dating' to 'commitment'.*

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