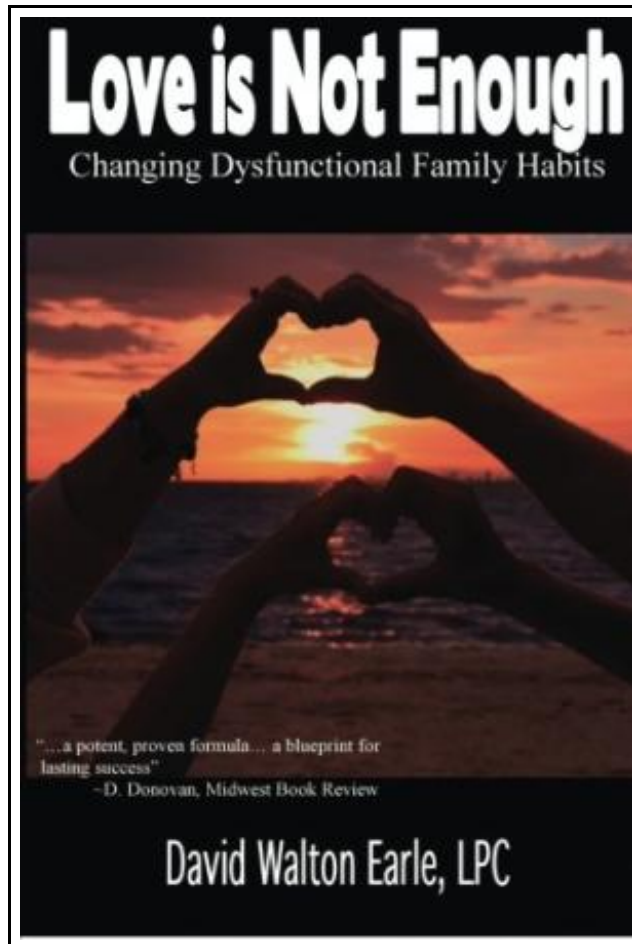


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(Otho Bergstrom)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You have a large capacity to love, yet often love is not working! Growing up, the big people in your life unintentionally taught you some bad habits. They taught some wonderful ones too and you need not discard them but instead focus on what is interfering with your best expression of love. What is keeping you from the happy destination you deserve? Without good coping skills, love becomes a disappointment as it often comes out sideways causing pain. Try as you might, these destructive habits continue to restrict your happiness and the full expression of what you intend. Many of those suffering from codependency create a guilt trip when their constant companions of chaos and pain sabotages their dreams of love and affection. Shame becomes their master, creating tension and PTSD symptoms. Couples often try counseling expecting through this process the other person will magically change and then you can be okay. Marriage counseling does little to affect the outcome until personal responsibility replaces the blame game. Look inwardly and let love and honor become your best friend. Allow love s logic to light your way. Shed dysfunctional life habits and destructive love by becoming more assertive and learning to love more effectively. Put your aching and guilty conscience to rest and change addictive love by allowing Love is Not Enough to guide you towards claiming additional bits of life s mysteries. Focus on what is working, instead of what is not, and change love-limiting habits. End this confusion and accept this challenge. * * * In the pursuit of happiness, many people find stress relief when they look inwardly to find their strength. One...

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