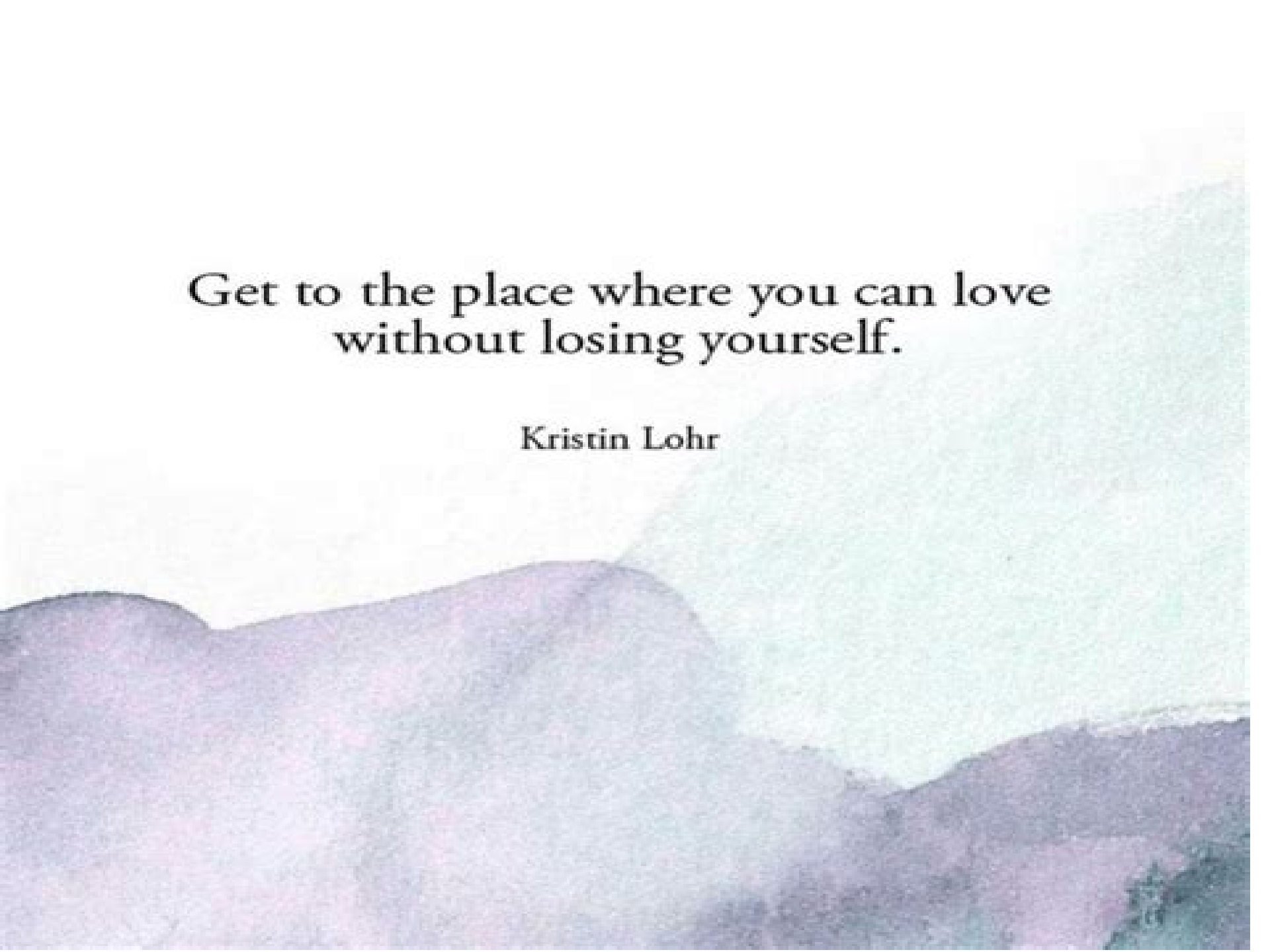


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without losing yourself.

Kristin Lohr



Loving Without Losing Your Self

Meggan Watterson, Lodro Rinzler



Loving Without Losing Your Self:

Loving Without Losing Yourself Elaine Lizzy Laurent, 2024-10-01 Loving someone with bipolar disorder can be both deeply rewarding and profoundly challenging *Loving Without Losing Yourself* offers a comprehensive and compassionate guide for partners navigating the emotional highs and lows of bipolar disorder With a focus on self preservation this book empowers readers to support their partners while maintaining their own mental emotional and physical well being Drawing from real life stories psychological research and evidence based therapeutic techniques this survival guide helps partners develop the skills needed to foster a healthy balanced relationship It addresses key areas such as Understanding Bipolar Disorder Learn about the symptoms causes and treatments of bipolar disorder and how it affects both the individual and their partner Effective Communication Discover practical tools for navigating emotionally charged conversations setting boundaries and expressing your needs without escalating conflict Self Care and Emotional Resilience Explore strategies for building emotional strength avoiding burnout and practicing self care while balancing the demands of caregiving Building a Support Network Learn the importance of reaching out for help and how to create a strong support system of friends family and professionals Personal Growth and Relationship Resilience Understand how personal development and mutual support can lead to long term growth for both partners allowing the relationship to thrive Through practical advice step by step exercises and heartfelt encouragement *Loving Without Losing Yourself* serves as both a roadmap and a companion for those navigating the complexities of bipolar disorder

Loving Your Partner Without Losing Your Self Martha Beveridge, 2001-12-18 Many men and women enter relationships with high hopes and romantic passion only to find themselves feeling angry hurt disappointed and frustrated They may begin to doubt whether they ll ever free themselves from painful patterns and rediscover their passion The majority of relationship books focus on how partners interact But the advice offered is often impossible to follow because it ignores two essential issues that each mate must address and master personal development and boundary healing Martha Beveridge guides readers toward trusting committed relationships that allow room for each partner s individuality

The Art of Loving Your Partner Without Losing Yourself Margaret Light, 2025-04-25 *The Art of Loving Your Partner Without Losing Yourself* explores the delicate balance of maintaining your individuality while nurturing a loving committed relationship This guide delves into the importance of self awareness setting healthy boundaries and fostering emotional independence It offers practical strategies for maintaining your passions communicating effectively and growing together without sacrificing personal identity Through thoughtful insights and real life examples this book empowers readers to love deeply while staying true to themselves ensuring both personal growth and a thriving partnership The art of loving your partner fully while preserving yourself is a transformative journey that leads to lasting fulfilling connections

Loving Without Losing Yourself Chike Oranye, 2024-12-05 What if loving someone didn t mean losing yourself If you re tired of pouring everything into your relationships only to feel drained unseen and wondering

where you went this book is for you Loving Without Losing Yourself helps you break free from love that takes too much and build the kind of relationship and life that honors your worth Inside you ll learn how to Stop sacrificing your identity for the sake of love Set boundaries that protect your peace and happiness Build trust respect and connection without losing yourself This isn t about fixing anyone else It s about reclaiming you and finally creating the love you truly deserve Love Without Losing Yourself Tushar Sheth,2025-07-22 Love Without Losing Yourself The Self Respect Dating Guide by Tushar Sheth Transform Your Dating Life While Staying True to Who You Are Are you tired of losing yourself in relationships Tired of compromising your worth for love Ready to find lasting romance without sacrificing your authentic self Love Without Losing Yourself The Self Respect Dating Guide is the revolutionary dating companion that teaches you how to build healthy fulfilling relationships while maintaining your identity boundaries and self worth What Makes This E Book Essential Master the Art of Self Respect in Dating Learn how to cultivate unshakeable self esteem that naturally attracts high quality partners Discover why self respect is your most powerful dating tool and how it transforms every interaction into an opportunity for authentic connection Build Bulletproof Boundaries Master the essential skill of setting and maintaining healthy boundaries that protect your well being while fostering deeper intimacy Learn what s acceptable and what s not in relationships creating safe spaces where genuine love can flourish Date with Confidence Not Desperation Stop chasing validation and start attracting partners who value the real you This guide teaches you how to approach dating from a position of strength making intentional choices rather than settling for less than you deserve Avoid Common Dating Pitfalls Discover how to recognize red flags early avoid toxic connections and prevent being taken advantage of Learn practical strategies to maintain your individuality while building meaningful partnerships Create Authentic Connections Master the balance between being open to love and protecting your heart Discover how to be vulnerable without sacrificing your identity and learn to cultivate relationships that enrich rather than compromise your life Who Must Buy This E Book Singles Ready for Real Love If you re tired of dating games and want genuine lasting connections People Who Lose Themselves in Relationships Perfect for anyone who tends to compromise too much or abandon their identity for love Those Recovering from Toxic Relationships Essential for rebuilding self worth and learning to attract healthier partners Dating App Users Feeling Overwhelmed Cut through the noise and focus on quality connections Anyone Struggling with Boundaries Learn to say no while staying open to love Individuals Seeking Long Term Partnership Build the foundation for lasting fulfilling relationships Transformational Benefits You ll Experience Unshakeable Self Worth Develop confidence that doesn t depend on others approval Magnetic Authenticity Attract partners who love the real you not a performance Healthy Communication Skills Express your needs clearly while respecting your partner Emotional Independence Enjoy relationships as an enhancement to your life not a necessity Better Partner Selection Recognize compatibility and avoid time wasting connections Balanced Relationships Maintain your individuality while building deep intimacy Freedom from Dating Anxiety Approach dating with excitement instead of fear Stop settling for less

than you deserve Stop losing yourself for love Start building the relationship you ve always wanted starting with the one you have with yourself At just 47 this comprehensive guide offers life changing insights that typically cost hundreds in therapy sessions You re not just buying an e book you re investing in your future happiness and relationship success Download Love Without Losing Yourself TODAY and discover how self respect becomes your greatest dating superpower Don t let another day pass wondering what if Your perfect relationship is waiting and it starts with respecting yourself enough to demand the love you deserve Limited Time Transform Your Dating Life Now for Only 47 Your future self will thank you for making this investment in your happiness and well being EBook SelfHelpBooks DigitalDownload BookLovers MustRead BookRecommendation PersonalDevelopment LifeChanging DatingTips SelfRespect HealthyRelationships DatingAdvice LoveYourself RelationshipGoals BoundariesInLove AuthenticLove SelfLove PersonalGrowth Confidence Empowerment SelfWorth Mindset InnerStrength SelfCare Bookstagram ReadingCommunity BookClub BookNerd BookWorm BookAddict MustReadBooks TransformYourLife SingleLife DatingStruggles RelationshipAdvice WomenEmpowerment SelfRespectMatters HealthyBoundaries ModernDating FindLove NeverSettle KnowYourWorth LoveWithoutLosing StayTrue EmotionalHealth RelationshipWisdom DatingMindset SelfEsteemBoost

Loving Him without Losing You Beverly Engel,2001-06-01 Are you a Disappearing Woman Beverly Engel has identified a widespread problem and provided women with wise guidelines for bursting through it She writes with compassion and insight If you think you are a Disappearing Woman you will drink in this book as if it were a health giving elixir It is Susan Page author of How One of You Can Bring the Two of You Together and If I m So Wonderful Why Am I Still Single This remarkably helpful book offers new insights into why so many women surrender their individuality in relationships Don t wait until your hair is on fire to read it Maxine Schnall founder and Executive Director of Wives Self Help A book of depth and power I highly recommend it not only to women who lose themselves in their relationships with men but to the parents of adolescent girls who need to be taught how to view themselves as valuable beings separate from their relationships with men and boys Michael Gurian author of The Good Son and A Fine Young Man Do you frequently find yourself putting your lover s needs ahead of your own Do you tend to lose yourself in your romantic relationships Have you ever neglected your career your friends or even your health while in the midst of a love affair Now in this landmark book Beverly Engel examines the intricate reasons why so many women submerge themselves in their relationships with men and offers a straightforward empowering program that you can use to free yourself from the powerful grip of this all too common problem and rediscover yourself as a Woman of Substance

Love Your Kids Without Losing Yourself Morgan Cutlip,2023-09-19 Get rid of mom guilt regain your sanity and prevent burnout Loving your kids isn t supposed to mean you completely disappear or get swallowed up by the demands of motherhood You want to be a great mother But how do you care for yourself without neglecting your kids needs feeling overwhelmed by guilt or succumbing under the pressure to be perfect Dr Morgan a psychotherapist and relationship expert

has helped over 100 000 moms regain their sanity and prevent burnout through her popular courses coaching and social media wisdom In her debut book Love Your Kids Without Losing Yourself she offers a proven step by step plan that any mom can follow In this powerful book she reveals how to rid yourself of mom guilt for good identify your needs and express them with confidence create a self care plan that goes beyond pedicures and bubble baths and thrive as a woman after being on the back burner for too long Love Your Kids Without Losing Yourself is a must read book for modern moms You don t have to choose between self abandonment or child abandonment You can love yourself and love your kids Discover how to flourish as a mother know exactly how to care for yourself in ways that actually make a difference and finally feel joy in motherhood

Mindful Match: Finding Love Without Losing Yourself Andrés Ramírez Martínez ,2024-03-15 Discover the Secrets to a Fulfilling Love Life In the journey of finding love it s easy to lose oneself amid the chaos of dating apps conflicting advice and the quest for the perfect partner Mindful Match Finding Love Without Losing Yourself sets you on a transformative path offering a fresh mindful approach to dating and relationships one that prioritizes your personal growth and happiness Is your search for love leaving you feeling drained and disillusioned Do you sense that there s a better way to navigate the complexity of modern dating but don t know where to start This book is your beacon of hope With lucid empathetic prose it guides you through redefining your approach to finding love ensuring that you remain true to yourself every step of the way Dive deep into the heart of what makes relationships truly rewarding This empowering guide is filled with insights exercises and real life stories to assist you in Identifying and breaking free from unhealthy dating patterns and beliefs Cultivating self love and confidence making you more attractive to others Mastering the art of mindful dating to build connections that are both meaningful and fulfilling Navigating the initial stages of a relationship with grace and authenticity setting the foundation for a lasting bond Whether you re single and feeling lost in the dating world or you re in a relationship and striving to maintain your sense of self Mindful Match offers the wisdom and tools you need to ensure that your journey to love enriches your life rather than complicates it Let this book be your guide to finding a partner who celebrates your individuality and embarks on a mindful journey of love with you Ready to transform your approach to love and find a partnership that encourages your most authentic self Mindful Match is the companion you ve been waiting for

How to Love Yourself (and Sometimes Other People) Meggan Watterson,Lodro Rinzler,2015-09-15 Are you trying to find love and beginning to suspect you re not looking in the right place This wise hip guide gives you a new map for the journey to happiness in relationships of all kinds starting in your own heart Told from the alternating vantage points of authors Meggan Watterson and Lodro Rinzler How to Love Yourself and Sometimes Other People reminds us that love isn t something we have to earn All of us are deeply and intrinsically worthy of love not only the love we hope to receive from others but the love we give to ourselves and this book offers the insight and practical tools we need to stay firmly grounded in self love as we ride out the natural and often stormy cycles of relationships Meggan and Lodro s unique perspectives as teachers and

scholars of Christian mysticism and Buddhism respectively make for a rich and lively dialogue that draws on wisdom sources like the Gospel of Mary Magdalene and the Four Noble Truths along with funny revealing stories from their own love lives and their deep friendship with each other You ll find guidance for embracing single life dating with an open heart and thriving in lasting love meditations and practices for calm abiding disciplined hope and connecting to the source of love within you and tips on everything from sex self worth and nourishing friendships to navigating breakups and learning to truly love yourself Ultimately you ll be able to see your ideal partner in a new light not as someone who completes you but as someone who mirrors back to you your own wholeness

How to Love Someone Without Losing Your Mind Todd Baratz, LMHC, 2024-06-04 A sanity saving guide that cuts through the sky high expectations of modern love and helps you build healthier and more fulfilling relationships from the creator of viral Instagram account YourDiagnonsense Witty practical fun and deeply honest Terrence Real New York Times bestselling author of Us You re not crazy You re human Modern love is a mess and life is spoiler alert very hard Whether you re in a committed relationship or on the apps buckle up there s a lot to unlearn How to Love Someone Without Losing Your Mind is your guide to sanity in a culture gone mad Psychotherapist and sex therapist Todd Baratz blends sharp humor with raw insight as he challenges us to break every rule about love It s time to move beyond the relentless pursuit of the perfect partner to challenge the stigma against neediness and to rethink our obsession with diagnosing common challenges as disorders Instead he offers an empowering new perspective Embrace challenges feel deeply make mistakes learn and grow Drawing from his extensive experience as both a therapist and a patient Baratz shares stories of navigating his personal traumas and guiding others through theirs This book is an invitation to understand your life as part of a larger cultural narrative It encourages you to delve into your history cultivate self awareness and take responsibility in your relationships By doing so you can move beyond the fairy tale and transform your approach to love

Love, Loss and the Light Within Prajwal Ghogare, 2025-05-06 Love Loss and the Light Within is a journey through the deepest emotions of the human heart love expectations heartbreak and happiness Why do we love Why do we expect How do we heal from heartbreak And most importantly how do we find happiness within ourselves This book explores the beauty of love the weight of expectations the pain of loss and the resilience of the human spirit Through thoughtprovoking insights and powerful reflections Love Loss and the Light Within will guide you in understanding love setting healthy expectations embracing heartbreak as a lesson and discovering that true happiness comes from within No matter where you are in your journey this book will help you navigate the complexities of the heart and find the light that s always been inside you

How to Love Yourself: Quiet Self-Doubt and Feel Good Enough Matt Morris, 2025-05-04 What if loving yourself wasn t just a nice idea but the key to unlocking peace confidence and real happiness If you constantly question your worth compare yourself to others or feel like you re never quite enough How to Love Yourself offers a clear compassionate path forward This book is a powerful guide to silencing the inner critic healing from old wounds and finally

feeling at home in your own skin With practical tools mindset shifts and encouraging insights you ll learn how to Break free from the cycle of self doubt Let go of guilt shame and perfectionism Build authentic self esteem and emotional resilience Feel more grounded joyful and worthy just as you are Whether you ve struggled with self love for years or just feel stuck in a season of insecurity this book will meet you with empathy and walk beside you step by step You don t have to change who you are to be worthy You only have to remember it

Let Go Without Losing Yourself: Release Pain While Staying Empowered Onyeka Godfrey, 2025-08-13 Letting go shouldn t mean erasing your story it should mean rewriting your future This book teaches you how to release what no longer serves whether it s a person habit identity or outcome without dissolving your power in the process Letting go isn t giving up It s creating space for something aligned You ll learn how to process attachment find closure within and hold onto your wholeness while releasing the weight What you re walking away from doesn t define who you re becoming This book helps you honor both

Embracing Love's Duality - How to Balance Independence and Togetherness JD, Love thrives when independence and togetherness dance in balance Embracing Love s Duality How to Balance Independence and Togetherness is a compassionate insightful guide for anyone seeking to cultivate relationships that honor both personal freedom and deep connection Whether you re navigating romantic partnerships family bonds or friendships this book reveals how embracing the delicate interplay between autonomy and intimacy leads to more fulfilling and resilient relationships With practical strategies real life examples and reflective exercises you ll learn how to set healthy boundaries communicate your needs authentically and nurture closeness without losing yourself Discover how to celebrate individuality while growing stronger together transforming conflicts into opportunities for mutual growth For those ready to experience love that supports both wings of the heart this guide offers the wisdom and tools to create lasting harmony Perfect for readers searching for balancing independence and intimacy healthy relationship boundaries how to maintain self while in love building connected yet autonomous partnerships relationship growth and communication navigating togetherness and freedom and emotional balance in relationships

How to Get Over a Heartbreak Tatiana Busan, 2025-09-19 You are still in love with him even though he left you with some excuse or underhanded reason The pain and confusion that accompany this moment can be overwhelming Everything that was familiar beautiful and romantic is suddenly gone and he seems like a stranger as if nothing had ever existed between you You did everything you could to keep this man but you end up angry disappointed hurt and depressed because of another disappointment in love Learn to let go even if it hurts Have you been chasing after a man who doesn t want you If he didn t want to stay why insist You don t have to convince a man to love you but you can free your mind to let in a man who is happy to do so No one can measure how much it hurts to lose a love a relationship in which you have invested your heart time dreams and hope When a relationship ends or when a man deeply disappoints us it is not just a bond that is broken our perception of ourselves of life and of the future is also shattered Healing an emotional wound is not a quick or straightforward process It is a journey sometimes long

sometimes tiring but it is a journey that is possible Above all it is a journey that can lead you to a new encounter with yourself When love ends the end of a chapter not of your book The end of a relationship can feel like an emotional earthquake You wake up and the world you knew no longer exists Shared habits future plans small daily gestures everything collapses But the most uncomfortable and at the same time liberating truth is that you are not finished A story has ended not your identity Starting over after a love affair has ended means starting over with yourself My goal is to help you transform your heartbreak into an event that will change your life for the better If you are reading this page you have probably been dumped you are suffering and you are always thinking about your ex In this book you will find advice strategies and practical tips for overcoming heartbreak In this book you will discover Why Did He Leave You Suddenly How to Overcome the Pain of Unrequited Love How the Need to Be Loved Can Lead to Heartbreak How to Overcome the Fear of Rejection After Being Left by a Man How to Heal Emotional Wounds After a Heartbreak How to Heal the Wound of Abandonment After Being Left by the Man You Loved Accepting Pain The First Step to Healing How to Move on After a Broken Relationship Without Losing Yourself How Self Esteem Helps You Get Over the End of a Relationship Don't Lose Yourself for Love Maintain Your Dignity and Value How to Improve Your Life After He Leaves You Why Do You Always Fall for a Man Who Doesn't Truly Love You Falling for the Wrong Man How to Forget a Painful Love How to Let Go of a Man Who Can't Love You Mistakes to Avoid When Trying to Move on From Heartbreak Love That Hurts How Your Past Shapes Your Present Freeing Yourself from Obsessive Memories Managing Recurring Thoughts How to Free Yourself from Suffering and Find True Happiness Is It Possible to Be Happy in Love A Path to Healing and Truly Loving Why You Struggle to Attract the Right Man The Inner Blocks That Keep You from Finding the Right Man How to Stop Attracting the Wrong Man Learning to Trust and Love Again How to Love Without Losing Yourself Attracting True Love How to Find the Right Man All Your Past Relationships Were Valuable Lessons in Your Life What's the Most Important Lesson from This Relationship How to Be Alone and Rediscover Your Worth After Heartbreak How to Take Care of Yourself to Find Happiness Again Discover the Path to Happiness and Self Love

Don't Be Afraid of Loving Yourself: The Art of Loving Yourself According to Osho Alden Clamor, 2024-09-10 A couple of years ago on a bustling Avenue des Champs Elysees in Paris I found myself gazing into the window of a quaint bookstore called Golden Books my reflection staring back at me a young man far from home searching for answers That day I bought a book entitled A Course in Miracles that promised secrets to happiness peace and love Yet as I flipped through its pages I realized I was looking for happiness peace and love in the wrong places I cannot find love in the crowd This book springs from a fundamental truth that took me from the vibrant locales of Europe back to the serene shores of the Philippines to discover that self love is not just a state of feeling good about oneself but a profound journey toward inner freedom peace and fulfillment It's a truth that resonates across cultures touching the hearts of those from every generation millennials to baby boomers alike each of us grappling with our own narratives of worthiness happiness love and peace My journey woven

through the academic halls of psychology and the compassionate wards of nursing enriched by the profound wisdom of Osho's teachings has taught me that self love transcends geographical and psychological borders It is not confined to the corners of a mind or a specific latitude and longitude it is a limitless vibrant force that propels us forward 1 DON T BE AFRAID OF LOVING YOURSELF This book is crafted to guide you through the often tumultuous journey toward loving yourself We all face the daunting challenges of societal expectations the relentless pace of the digital age and internal battles with our shadows of doubt and fear Here I offer not just understanding but practical pathways to navigate these trials This book aims to illuminate the path to self love through a blend of personal anecdotes inspired insights from global wisdom traditions and actionable steps Each chapter builds on the last creating a comprehensive map from understanding why self love is crucial to integrating it into your daily life and finally sharing this love with your community thereby transforming the world around you In closing I invite you to join me with an open heart and a willing spirit Saying that loving yourself is selfish and egotistic is a pernicious lie and one that is robbing you and humanity of its power Through the pages of this book filled with practical and actionable steps in each chapter you will be able to reclaim this power and make it your own again This is not just a journey of self discovery but a transformative adventure that promises to bring you closer to your most authentic self Let us step forward together forging a path toward a life filled with happiness peace and love Our exciting journey begins now Let the journey begin

How To Fill Your Love Tank: fuel for self Dale Guivas,2024-12-03 In *How To Fill Your Love Tank Fuel for the Self* embark on a transformative journey that empowers you to become the primary source of your own emotional well being and growth This self help guide redefines personal fulfillment by shifting the focus inward teaching you how to identify understand and meet your needs to unlock effective change and lasting happiness Through engaging insights and practical exercises this book reveals how to Recognize the emotional fuel you need to thrive Build a deeper connection with yourself through self awareness and self compassion Set personal goals that align with your authentic desires Break free from relying on external validation or relationships to feel whole Cultivate a life of balance growth and meaningful change *How To Fill Your Love Tank Fuel For Self* encourages readers to prioritize their inner world as the foundation for all outward success Whether you're looking to heal grow or simply gain clarity on your path this book serves as a roadmap to becoming your own source of empowerment and joy Fuel up and watch your life transform

Your True Colours Sinead Moylett,2024-10-25 An invitation to embrace your True Colours and begin your journey of healing and enlightenment Designed as both a tool for yoga teachers and a daily guided mindfulness practice *True Colours* offers readers the opportunity to set an Intention engage with a Reflection and journal about their experience celebrating the beauty of their True Colours Drawn from the author's own experiences of growth and transformation each offering is both personal and universal highlighting our connectedness with all living beings By creating and holding sacred space for internal work these intentions and reflections encourage you to look at the parts of yourself that need healing and care showing up without shame or judgement Celebrate every day with

a grateful heart Cultivate your connection to social justice Re discover the value of stillness and self love and the power of each individual s energy to change the world A passionate offering of love light and reflection Your True Colours Intentions and Reflections to Deepen Self Awareness offers a pathway to heightened spirituality a greater sense of self worth and a joyful life

Anger Management Workbook for Adults Roselle Bautista,2025-09-29 Break free from emotional reactivity and regain control without shame guilt or suppression Are you tired of letting your anger control your words damage your relationships or ruin your peace of mind Whether you re facing daily irritations overwhelming stress or deep rooted emotional wounds Anger Management Workbook for Adults offers a compassionate science backed path to lasting calm Written by clinical psychologist and CBT expert Dr Alexis R Monroe this workbook is more than a quick fix it s a practical daily guide to understanding managing and transforming your anger from the inside out Inside this powerful workbook you ll discover The misunderstood root causes of adult anger and why willpower alone doesn t work Proven CBT tools to help you identify triggers reframe toxic thoughts and stop outbursts before they begin Daily mindfulness practices that calm your nervous system and create inner safety The STOP technique and sacred pause strategies to respond instead of react Exercises to explore childhood pain unmet needs and hidden shame without reliving trauma Scripts for mindful communication assertive boundary setting and emotional repair Movement nutrition sleep and journaling rituals that support anger release from the body A 7 day mindful challenge to begin transforming anger into strength clarity and peace Printable worksheets reflection prompts and guided practices for real life integration What sets this book apart Unlike generic anger management books that focus only on behavior this workbook goes deeper healing the emotional mental and physical layers of anger using a trauma informed mindfulness based approach You won t be told to calm down you ll learn how to calm your inner world with tools that actually work Whether you re a busy professional under pressure a partner wanting healthier communication or an adult working through past wounds this workbook will meet you with empathy and guide you to emotional mastery Take the first step toward freedom from anger Reclaim your peace one page at a time

Loving Your Man Without Losing Your Mind Susie Davis,2007-09-04 Why is marriage so much harder than anyone ever dared to imagine And how could the one man that a woman loves most in the world end up becoming the one person that she struggles to live in harmony with In Loving Your Man Without Losing Your Mind Susie Davis delivers biblical perspective and practical application intended to open the door for a woman to love her man with an abundance of understanding and grace Using humor and wise insights Susie equips wives to contribute to their marriages beyond their wildest expectations creating an atmosphere in which with the help of God they realize the marriage of a lifetime Exploring all the biggies where conflict and problems in marriage are concerned this book also reminds women to remember often why they married their spouse Loving Your Man Without Losing Your Mind is the companion at a woman s side to offer straight talk encouragement laughter and hope for loving the man of her dreams her husband

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Loving Without Losing Your Self Introduction

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