

Get Free Love Without Hurt:
Turn Your Resentful, Angry, Or
Emotionally Abusive
Love Without Hurt:
Relationship Into A
Courageous Loving One
Turn Your
Resentful, Angry,
Or Emotionally
Abusive

Get Free Love Without Hurt:
Turn Your Resentful, Angry, Or
**Relationship Into
A Compassionate,
Loving One**

**Few of us have been spared the
agonies of intimate relationships.**

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They come in many shapes: loving a man or a woman who will not commit to us, being heartbroken when we're abandoned by a lover, engaging in Sisyphean internet searches, coming back lonely from bars, parties, or blind dates, feeling

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**bored in a relationship that is so
much less than we had envisaged -
these are only some of the ways in
which the search for love is a
difficult and often painful
experience. Despite the widespread
and almost collective character of**

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these experiences, our culture insists they are the result of faulty or insufficiently mature psyches. For many, the Freudian idea that the family designs the pattern of an individual's erotic career has been the main explanation for why and

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**how we fail to find or sustain love.
Psychoanalysis and popular
psychology have succeeded
spectacularly in convincing us that
individuals bear responsibility for
the misery of their romantic and
erotic lives. The purpose of this book**

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**is to change our way of thinking
about what is wrong in modern
relationships. The problem is not
dysfunctional childhoods or
insufficiently self-aware psyches, but
rather the institutional forces
shaping how we love. The argument**

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**of this book is that the modern
romantic experience is shaped by a
fundamental transformation in the
ecology and architecture of romantic
choice. The samples from which men
and women choose a partner, the
modes of evaluating prospective**

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**partners, the very importance of
choice and autonomy and what
people imagine to be the spectrum of
their choices: all these aspects of
choice have transformed the very
core of the will, how we want a
partner, the sense of worth bestowed**

by relationships, and the organization of desire. This book does to love what Marx did to commodities: it shows that it is shaped by social relations and institutions and that it circulates in a marketplace of unequal actors.

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**Soon to be a major motion picture!
Book 3 of the After series—newly
revised and expanded, Anna Todd's
After fanfiction racked up 1 billion
reads online and captivated readers
across the globe. Experience the
internet's most talked-about book**

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**for yourself from the writer
Cosmopolitan called “the biggest
literary phenomenon of her
generation.” Tessa and Hardin’s love
was complicated before. Now it’s
more confusing than ever. AFTER
WE FELL...Life will never be the**

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**same. #HESSA Just as Tessa makes
the biggest decision of her life,
everything changes. Revelations
about first her family, and then
Hardin's, throw everything they
knew before in doubt and makes
their hard-won future together more**

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difficult to claim. Tessa's life begins to come unglued. Nothing is what she thought it was. Not her friends. Not her family. The one person she should be able to rely on, Hardin, is furious when he discovers the massive secret she's been keeping.

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**And rather than being
understanding, he turns to sabotage.
Tessa knows Hardin loves her and
will do anything to protect her, but
there's a difference between loving
someone and being able to have them
in your life. This cycle of jealousy,**

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**unpredictable anger, and forgiveness
is exhausting. She's never felt so
intensely for anyone, so exhilarated
by someone's kiss—but is the
irrepressible heat between her and
Hardin worth all the drama? Love
used to be enough to hold them**

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**together. But if Tessa follows her
heart now, will it be...the end?
Unconditional love is eagerly
promised at weddings, but rarely
practiced in real life. As a result,
romantic hopes are often replaced
with disappointment in the home.**

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**But it doesn't have to stay that way.
The Love Dare, the New York Times
No. 1 best seller that has sold five
million copies and was major plot
device in the popular movie
Fireproof, is a 40-day challenge for
husbands and wives to understand**

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and practice unconditional love.
Whether your marriage is hanging
by a thread or healthy and strong,
The Love Dare is a journey you need
to take. It's time to learn the keys to
finding true intimacy and developing
a dynamic marriage. This second**

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**edition also features a special link to
a free online marriage evaluation, a
new preface by Stephen and Alex
Kendrick, minor text updates, and
select testimonials from The Love
Dare readers. Take the dare!
The human heart was created with a**

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**great capacity to love. But along with
that comes a great capacity to feel
pain. There is no denying that those
who love us, who are closest to us,
can wound us the most profoundly.
That kind of pain can be difficult, if
not impossible, to overcome. And it**

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**can feel even more impossible to
continue loving in the face of it. Yet
that is exactly what we are called to
do. Sharing his own story of
personal pain, pastor and New York
Times bestselling author Jentezen
Franklin shows us how to find the**

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**strength, courage, and motivation to
set aside the hurt, see others as God
sees them, and reach out in love.**

**Through biblical and modern-day
stories, he discusses different types
of relational disappointment and
heartache, and answers questions**

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**such as Why should I trust again?
and How can I ever really forgive?**

**The walls we build around our
hearts to cut us off from pain are the
very walls that block us from seeing
hope, receiving healing, and feeling
love. Here are the tools and**

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**inspiration you need to tear down
those walls, work through your
wounds, repair damaged
relationships, and learn to love like
you've never been hurt.**

**Susan Cain, New York Times
bestselling author of Quiet: "The**

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**world could surely use a little more
love, a little more compassion, and a
little more wisdom. In Love for
Imperfect Things, Haemin Sunim
shows us how to cultivate all three,
and to find beauty in the most
imperfect of things--including your**

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very own self." A #1 internationally
bestselling book of spiritual wisdom
about learning to love ourselves, with
all our imperfections, by the
Buddhist author of The Things You
Can See Only When You Slow Down
Hearing the words "be good to**

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**yourself first, then to others" was
like being struck by lightning. Many
of us respond to the pressures of life
by turning inward and ignoring
problems, sometimes resulting in
anxiety or depression. Others react
by working harder at the office, at**

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**school, or at home, hoping that this
will make ourselves and the people
we love happier. But what if being
yourself is enough? Just as we are
advised on airplanes to take our own
oxygen first before helping others,
we must first be at peace with**

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**ourselves before we can be at peace
with the world around us. In this
beautiful follow-up to his
international bestseller The Things
You Can See Only When You Slow
Down, Zen Buddhist monk Haemin
Sunim turns his trademark wisdom**

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**to the art of self-care, arguing that
only by accepting yourself--and the
flaws that make you who you
are--can you have compassionate and
fulfilling relationships with your
partner, your family, and your
friends. With more than thirty-five**

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**full-color illustrations, Love for
Imperfect Things will appeal to both
your eyes and your heart, and help
you learn to love yourself, your life,
and everyone in it. When you care
for yourself first, the world begins to
find you worthy of care.**

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**How to Navigate Clueless
Colleagues, Lunch-Stealing Bosses,
and the Rest of Your Life at Work**

Real Life, Real Love

Love Like You've Never Been Hurt

**Letting Go of the Pain to Live in
Freedom**

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Twentieth Anniversary Edition

**The Last Meditations of Anthony de
Mello**

The Art of Loving

How to Love is the third title in

Parallax's Mindfulness

Essentials Series of how-to titles

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by Zen Master Thich Nhat Hanh,
introducing beginners and
reminding seasoned
practitioners of the essentials of
mindfulness practice. This time
Nhat Hanh brings his signature
clarity, compassion, and humor

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**to the thorny question of how to
love. He distills one of our
strongest emotions down to four
essentials: you can only love
another when you feel true love
for yourself; love is
understanding; understanding**

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brings compassion; deep
listening and loving speech are
key ways of showing our love.

Pocket-sized, with original two
color illustrations by Jason
DeAntonis, How to Love shows
that when we feel closer to our

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**loved ones, we are also more
connected to the world as a
whole. With sections on Love vs.
Need, Being in Love, Reverence,
Intimacy, Children and Family,
Reconciling with Parents, and
more, How to Love includes**

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**meditations you can do alone or
with your partner to go deep
inside and expand your own
capacity to love. Scientific
studies indicate that meditation
contributes tremendously to well-
being, general health, and**

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**longevity. How to Love is a
unique gift for those who want a
comprehensive yet simple guide
to understanding the many
different kinds of love, along
with meditative practices that
can expand the understanding of**

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and capacity for love,
appropriate for those practicing
in any spiritual tradition, whether
seasoned practitioners or new to
meditation.**

**Researcher and thought leader
Dr. Brené Brown offers a**

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**powerful new vision in Daring
Greatly that encourages us to
embrace vulnerability and
imperfection, to live
wholeheartedly and
courageously. 'It is not the critic
who counts; not the man who**

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**points out how the strong man
stumbles, or where the doer of
deeds could have done them
better. The credit belongs to the
man who is actually in the arena,
whose face is marred by dust
and sweat and blood; who**

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**strives valiantly; . . . who at best
knows in the end the triumph of
high achievement, and who at
worst, if he fails, at least fails
while daring greatly' -Theodore
Roosevelt Every time we are
introduced to someone new, try**

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**to be creative, or start a difficult
conversation, we take a risk. We
feel uncertain and exposed. We
feel vulnerable. Most of us try to
fight those feelings - we strive to
appear perfect. Challenging
everything we think we know**

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**about vulnerability, Dr. Brené
Brown dispels the widely
accepted myth that it's a
weakness. She argues that
vulnerability is in fact a strength,
and when we shut ourselves off
from revealing our true selves**

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**we grow distanced from the
things that bring purpose and
meaning to our lives. Daring
Greatly is the culmination of 12
years of groundbreaking social
research, across the home,
relationships, work, and**

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**parenting. It is an invitation to be
courageous; to show up and let
ourselves be seen, even when
there are no guarantees. This is
vulnerability. This is daring
greatly. 'Brilliantly insightful. I
can't stop thinking about this**

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**book' -Gretchen Rubin Brené
Brown, Ph.D., LMSW is a #1 New
York Times bestselling author
and a research professor at the
University of Houston Graduate
College of Social Work. Her
groundbreaking work was**

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featured on Oprah Winfrey's
Super Soul Sunday, NPR, and
CNN. Her TED talk is one of the
most watched TED talks of all
time. Brené is also the author of
The Gifts of Imperfection and I
Thought It Was Just Me (but it

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isn't).

**Attachment abuse can involve
both physical and emotional
violence between people in
close relationships, which
includes couples, parents and
their children, and adult children**

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and their aging parents, among
others. Attachment abusers
blame their victims for their own
feelings of shame, inadequacy,
or inability to love. Dr. Stosny's
innovative and integrative
approach to the treatment of

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**attachment abuse emphasizes
the importance of compassion
for both the abused and the
abuser. This hands-on manual
provides a series of treatment
modules designed to teach the
perpetrators and the victims how**

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**to cope with their feelings and to
end attachment abuse. This
volume will be of interest to
psychotherapists, group
therapists, social workers, and
counselors working with abusive
clients and their victims.**

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Offers practical suggestions for how to enhance a marriage, explains behaviors that can break up a marriage, and argues that talking about a relationship will not bring partners closer together.

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**When The Unbearable Lightness
of Being was first published in
English, it was hailed as "a work
of the boldest mastery,
originality, and richness" by
critic Elizabeth Hardwick and
named one of the best books of**

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**1984 by the New York Times
Book Review. It went on to win
the Los Angeles Times Book
Prize for Fiction and quickly
became an international
bestseller. Twenty years later,
the novel has established itself**

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as a modern classic. To
commemorate the anniversary of
its first English-language
publication, HarperCollins is
proud to offer a special
hardcover edition. A young
woman in love with a man torn

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**between his love for her and his
incorrigible womanizing; one of
his mistresses and her humbly
faithful lover -- these are the two
couples whose story is told in
this masterful novel. Controlled
by day, Tereza's jealousy**

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**awakens by night, transformed
into ineffably sad death-dreams,
while Tomas, a successful
surgeon, alternates loving
devotion to the dependent
Tereza with the ardent pursuit of
other women. Sabina, an**

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**independent, free-spirited artist,
lives her life as a series of
betrayals -- of parents, husband,
country, love itself -- whereas
her lover, the intellectual Franz,
loses all because of his earnest
goodness and fidelity. In a world**

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**in which lives are shaped by
irrevocable choices and by
fortuitous events, a world in
which everything occurs but
once, existence seems to lose
its substance, its weight. Hence
we feel, says the novelist, "the**

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**unbearable lightness of being" --
not only as the consequence of
our private acts but also in the
public sphere, and the two
inevitably intertwine. This
magnificent novel encompasses
the extremes of comedy and**

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**tragedy, and embraces, it seems,
all aspects of human existence.
It juxtaposes geographically
distant places (Prague, Geneva,
Paris, Thailand, the United
States, a forlorn Bohemian
village); brilliant and playful**

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**reflections (on "eternal return,"
on kitsch, on man and animals --
Tomas and Tereza have a
beloved doe named Karenin);
and a variety of styles (from the
farcical to the elegiac) to take its
place as perhaps the major**

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**achievement of one of the
world's truly great writers.
Putting an End to Domestic
Violence
What We Talk About When We
Talk About Love
The Love Dare**

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**It Ends with Us
How to Accept Yourself in a
World Striving for Perfection
Ugly Love
How to Use the Most Profound
Part of Your Brain Under Any
Kind of Stress**

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*"Soon to be major motion
picture"--Cover.*

*Experiencing domestic violence is a
reality some people live in on a day
to day basis. Understanding the
root of why this issue exists can be
traced back to understanding the*

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*important components necessary
for healthy relationships. Creating
a healthy relationship involves,
having self-love first and foremost,
practicing self-development habits
on a consistent basis, engaging in
effective communication, setting*

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*boundaries, and respecting the
Relationship Into A
boundaries set by those you desire
Compassionate, Loving One
to build a relationship with.*

*Respect in general is a huge
component of building a healthy
relationship. When you care about
someone you show them respect, in*

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*fact respect is even higher than love
on the list of important things to
include in a relationship. Respect
acknowledges an individual's rights
to free will as the infinite choice
maker we all are. Love on the other
hand says you care about a person*

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*so much you desire happiness for
them unconditionally. In contrast,
domestic violence often occurs
when someone has forgotten or
refuses to adhere to the principles
associated with respect. This can
come out of fear of losing the*

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*person, being attached to the
familiarity of the relationship, and
perhaps even fear of being alone.*

*Relationship Into A
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Whatever the reason causing the
behavior associated with domestic
violence, whether it be physical,
mental, or emotional abuse; there

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is no justification for the behavior.
*In the Non-Fictional memoir 'Love
Shouldn't Hurt' Melissa Holmes
bravely shares the intricate details
of what she experienced before she
became an advocate for putting an
end to domestic violence. Melissa*

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shares her story in hopes of helping others to overcome the patterns of domestic violence. If you'd like to learn more about her story, or need support as you take a step toward healing from abuse visit her website:

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www.loveshouldnthurt.com

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***AVOID THE JERKS AND FIND
"THE ONE" WHO'S RIGHT FOR***

***YOU "An insightful and creative
contribution to managing the
complexity of choosing a life
partner. I heartily recommend it."***

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*--Harville Hendrix, Ph.D., author
of Getting the Love You Want and
Keeping the Love You Find "Don't
be part of the 'where-was-this-book-
when-I-needed-it?' crowd. It's not
too late--read it now!" --Pat Love,
Ed.D., author of The Truth About*

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*Love and Hot Monogamy Based on
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years of research on marital and
Compassionate, Loving One
premarital happiness, How to
Avoid Falling in Love with a Jerk
(previously published in hardcover
as How to Avoid Marrying a Jerk)
will help you break destructive*

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*dating patterns that have kept you
from finding the love you deserve:
Ask the right questions to inspire
meaningful, revealing
conversations with your partner
Judge character based on
compatibility, relationships skills,*

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*friends, and patterns from family
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and previous relationships Resolve
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your own emotional baggage so
you're ready for a healthy
relationship*

*New York Times Bestseller Over
2.5 million copies sold For David*

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*Goggins, childhood was a
nightmare - poverty, prejudice, and
physical abuse colored his days and
haunted his nights. But through
self-discipline, mental toughness,
and hard work, Goggins
transformed himself from a*

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*depressed, overweight young man
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with no future into a U.S. Armed
Compassionate, Loving One
Forces icon and one of the world's
top endurance athletes. The only
man in history to complete elite
training as a Navy SEAL, Army
Ranger, and Air Force Tactical Air*

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*Controller, he went on to set
Relationship Into A
records in numerous endurance
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events, inspiring Outside magazine
to name him The Fittest (Real)
Man in America. In this curse-
word-free edition of Can't Hurt
Me, he shares his astonishing life*

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*story and reveals that most of us
tap into only 40% of our
capabilities. Goggins calls this The
40% Rule, and his story illuminates
a path that anyone can follow to
push past pain, demolish fear, and
reach their full potential.*

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Soar Above
Love Without Borders
Hope, Healing and the Power of an
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including the iconic and much-
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film Birdman, Carver
establishes his reputation as
one of the most celebrated

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richer levels of intimacy with
your partner starting today.

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

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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

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discovering valuable lessons
about responsibility,
unconditional love, patience,
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From the indie rockstar of
Japanese Breakfast fame, one of
TIME's Most Influential People
of 2022, and author of the viral
2018 New Yorker essay that
shares the title of this book, an
unflinching, powerful memoir

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about growing up Korean
American, losing her mother,
and forging her own identity. In
this exquisite story of family,
food, grief, and endurance,
Michelle Zauner proves herself
far more than a dazzling singer,

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songwriter, and guitarist. With
humor and heart, she tells of
growing up one of the few
Asian American kids at her
school in Eugene, Oregon; of
struggling with her mother's
particular, high expectations of

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her; of a painful adolescence; of
treasured months spent in her
grandmother's tiny apartment
in Seoul, where she and her
mother would bond, late at
night, over heaping plates of
food. As she grew up, moving to

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the East Coast for college,
finding work in the restaurant
industry, and performing gigs
with her fledgling band--and
meeting the man who would
become her husband--her
Koreanness began to feel ever

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more distant, even as she found
the life she wanted to live. It
was her mother's diagnosis of
terminal cancer, when Michelle
was twenty-five, that forced a
reckoning with her identity and
brought her to reclaim the gifts

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of taste, language, and history
her mother had given her.
Vivacious and plainspoken,
lyrical and honest, Zauner's
voice is as radiantly alive on the
page as it is onstage. Rich with
intimate anecdotes that will

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resonate widely, and complete
with family photos, Crying in H
Mart is a book to cherish,
share, and reread.

As a Domestic Violence
Survivor, I had kept my past a
secret from many. I had put on

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a smile to hide my pain and
kept a distance from those who
I felt could see through the
facade. Eventually, I realized
that my emotions were bigger
than I could handle on my own
and I decided to finally get

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honest with myself and others
and tell my story. This is a book
about escaping the emotional
prison to find freedom. Despite
what has led you to shut out
those around you, this book
reminds you that you are not

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alone.

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Love for Imperfect Things

Compassionate, Loving One
New Visions

You Don't Have to Take it
Anymore

How to Heal from Emotional
Abuse, Deceit, Infidelity, and

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Chronic Resentment
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A Novel
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Healing the Sensitive Heart
A Little Life

*From the creator of the popular
website Ask a Manager and New
York's work-advice columnist comes a*

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*witty, practical guide to 200 difficult
Relationship into A
professional
Compassionate, Loving One
conversations—featuring all-new
advice! There's a reason Alison
Green has been called "the Dear
Abby of the work world." Ten years
as a workplace-advice columnist have*

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*taught her that people avoid awkward
conversations in the office because
they simply don't know what to say.
Thankfully, Green does—and in this
incredibly helpful book, she tackles
the tough discussions you may need to
have during your career. You'll learn*

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*what to say when • coworkers push
their work on you—then take credit
for it • you accidentally trash-talk*

*someone in an email then hit “reply
all” • you’re being*

*micromanaged—or not being
managed at all • you catch a*

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*colleague in a lie • your boss seems
unhappy with your work • your
cubemate's loud speakerphone is
making you homicidal • you got
drunk at the holiday party Praise for
Ask a Manager "A must-read for
anyone who works . . . [Alison*

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Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review)

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“The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to

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improve their work
Relationship Into A
experience.”—Library Journal
Compassionate, Loving One
(starred review) “I am a huge fan of
Alison Green’s Ask a Manager
column. This book is even better. It
teaches us how to deal with many of
the most vexing big and little problems

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*in our workplaces—and to do so with
grace, confidence, and a sense of
humor.”—Robert Sutton, Stanford
professor and author of The No
Asshole Rule and The Asshole
Survival Guide “Ask a Manager is the
ultimate playbook for navigating the*

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*traditional workforce in a diplomatic
but firm way.”—Erin Lowry, author
of Broke Millennial: Stop Scraping By
and Get Your Financial Life Together*

*Success in work, love, and life
depends on developing habits that
activate the powerful prefrontal*

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cortex when we need it most.

*Relationship Into A
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*Unfortunately, under stress, the
human brain tends to revert to
emotional habits we forged in
toddlerhood: blame, denial,
avoidance, reacting to a jerk like a
jerk, and turning our connections into*

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cold shoulders or worse. In Soar
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Above, renowned relationship expert
Compassionate, Loving One
Dr. Steven Stosny offers a ground-
breaking formula for building new,
pressure-resistant habits. Based on
research in psychology, Most
importantly, readers will learn how,

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through practice, they can get off the treadmill of repeating past mistakes to become their best selves at home, at work, and in the world. Stress is inevitable in life, but this illuminating book gives anyone the practical tools to rise above.

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*The landmark bestseller that changed
Relationship Into A
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*the way we think about love: “Every
line is packed with common sense,
compassion, and realism” (Fortune).*

*The Art of Loving is a rich and
detailed guide to love—an
achievement reached through*

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*maturity, practice, concentration, and
courage. In the decades since the
book's release, its words and lessons
continue to resonate. Erich Fromm, a
celebrated psychoanalyst and social
psychologist, clearly and sincerely
encourages the development of our*

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*capacity for and understanding of
love in all of its facets. He discusses
the familiar yet misunderstood
romantic love, the all-encompassing
brotherly love, spiritual love, and
many more. A challenge to traditional
Western notions of love, The Art of*

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*Loving is a modern classic about
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Compassionate, Loving One
taking care of ourselves through
relationships with others by the New
York Times–bestselling author of To
Have or To Be? and Escape from
Freedom. This ebook features an
illustrated biography of Erich Fromm*

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*including rare images and never-
before-seen documents from the
author's estate.*

*USA Today National Bestseller
Publisher's Weekly National Bestseller
Advice on how to have healthy,
dynamic relationships from*

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Raashaun (DJ Envy) and Gia Casey, revealing their secrets to navigating marriage, family, and faith Gia and Raashaun Casey met when they were two teenagers attending the same high school in Queens. They have been together for an astounding 27 years

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*and married for 20. They have
remained together through
Raashaun's growing celebrity, a
devastating (and very public) cheating
scandal, and the births of six
children. Now, more than a quarter
of a century into their relationship,*

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they are stronger and more committed to each other than they've ever been, and their fans are clamoring to know how they did it. In Real Life, Real Love, Gia and Raashaun explore the entire chronology of their love story with remarkable vulnerability, searing

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*honesty, and a lot of humor. It's a
riveting narrative about how to grow
together, an aspirational guidebook*

*for people who seek the same
unconditional love in their
relationships, and an in-depth look at
how to remain equals after being*

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thrust into the public eye.

*“As original as it is affecting . . . left
me genuinely creeped out, unsettled,
and shaken. An existentially
frightening book.” —Paul Tremblay,
author of Survivor Song “Hold on,
this isn’t a ride, it’s a slide, and it*

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doesn't care whether you're ready or not." —Stephen Graham Jones, author of The Only Good Indians A widower battles his grief, rage, and the mysterious evil inhabiting his home smart speaker, in this mesmerizing horror thriller from Gus

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Moreno. It was Vera's idea to buy the Itza. The "world's most advanced smart speaker!" didn't interest Thiago, but Vera thought it would be a bit of fun for them amidst all the strange occurrences happening in the condo. It made things worse. The cold spots

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*and scratching in the walls were
weird enough, but peculiar packages
started showing up at the house—who
ordered industrial lye? Then there
was the eerie music at odd hours,
Thiago waking up to Itza projecting
light shows in an empty room. It was*

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funny and strange right up until Vera was killed, and Thiago's world became unbearable. Pundits and politicians all looking to turn his wife's death into a symbol for their own agendas. A barrage of texts from her well-meaning friends about

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*letting go and moving on. Waking to
the sound of Itza talking softly to
someone in the living room . . . The
only thing left to do was get far away
from Chicago. Away from everything
and everyone. A secluded cabin in
Colorado seemed like the perfect*

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*place to hole up with his crushing
grief. But soon Thiago realizes there
is no escape—not from his guilt, not
from his simmering rage, and not
from the evil hunting him, feeding on
his grief, determined to make its way
into this world. A bold, original*

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horror novel about grief, loneliness

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*and the oppressive intimacy of
technology, This Thing Between Us*

*marks the arrival of a spectacular
new talent.*

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*Emotionally Abusive Relationship into
a Compassionate, Loving One*
Ask a Manager

How to Love

Why Love Hurts

A Compassionate Approach

How to Improve Your Marriage

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Without Talking About It

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WINNER OF THE MAN
Compassionate, Loving One
BOOKER PRIZE • NEW YORK
TIMES BESTSELLER • An
affluent Indian family is forever
changed by one fateful day in
1969, from the author of The

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Ministry of Utmost Happiness
“[The God of Small Things] offers
such magic, mystery, and
sadness that, literally, this reader
turned the last page and decided
to reread it. Immediately. It’s that
haunting.”—USA Today

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Compared favorably to the works
of Faulkner and Dickens,
Arundhati Roy's modern classic
is equal parts powerful family
saga, forbidden love story, and
piercing political drama. The
seven-year-old twins Estha and

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Rahel see their world shaken irrevocably by the arrival of their beautiful young cousin, Sophie. It is an event that will lead to an illicit liaison and tragedies accidental and intentional, exposing “big things [that] lurk

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unsaid” in a country drifting
dangerously toward unrest.
Lush, lyrical, and unnerving, The
God of Small Things is an award-
winning landmark that started for
its author an esteemed career of
fiction and political commentary

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that continues unabated.
Betrayal has many faces,
including anger, abuse, deceit,
and infidelity. These feel like
betrayal because they violate the
implicit promise of emotional
bonds, that your loved one will

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care about your wellbeing and
never intentionally hurt you. If
you've recently left a relationship
where you felt betrayed by your
partner—or if you want to repair
one—it can seem impossible to
view the world without the

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shadow of past betrayal hovering
over you. As a result, you may
struggle to create meaning in
your life, find the strength to
forgive, or build new, loving
relationships. In *Living and
Loving after Betrayal*, therapist

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and relationship expert Steven
Stosny offers effective tools for
healing, based on his highly
successful CompassionPower
program. He founded the
CompassionPower agency on
the belief that we are more

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powerful when compassionate
than when angry or aggressive,
and that true strength comes
from relating compassionately to
others and remaining true to your
deeper values. In this book,
you'll learn practical strategies

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for overcoming betrayal-induced
trauma and the chronic
resentment and depression that
result, using this innovative
compassion-empowerment
approach. Most books on
betrayal only focus on the

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obvious issues, such as infidelity,
abuse, or sex addiction. This
book explores the effects of
those kinds of betrayal, as well
as less-talked-about types, such
as emotional manipulation,
dishonesty, deceit, and financial

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cheating. In addition, the book
helps you regain a sense of trust
in others so that you can
eventually find another
compassionate person to share
your life with or, if you choose, to
rebuild a relationship with your

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reformed betrayer. Recovering
from the betrayal of partner isn't
easy, but Living and Loving after
Betrayal offers potent ways to
heal, grow, and love again.
A couples therapist and
relationship expert explains why

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conflicts between partners often result in a lack of self-control and compassion. This guide shows how to overcome destructive impulses and nurture loving and rational qualities.

In this “brave and heartbreaking

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novel that digs its claws into you
and doesn't let go, long after
you've finished it" (Anna Todd,
New York Times bestselling
author) from the #1 New York
Times bestselling author of All
Your Perfects, a workaholic with

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a too-good-to-be-true romance
can't stop thinking about her first
love. Lily hasn't always had it
easy, but that's never stopped
her from working hard for the life
she wants. She's come a long
way from the small town where

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she grew up—she graduated
from college, moved to Boston,
and started her own business.

And when she feels a spark with
a gorgeous neurosurgeon
named Ryle Kincaid, everything
in Lily's life seems too good to be

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true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But

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Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about

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her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has

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built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is “a glorious and touching read, a forever keeper. The kind of book that gets handed down” (USA TODAY).

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Relationship Into A
Compassionate, Loving One

From Colleen Hoover, the #1
New York Times bestselling
author of *It Ends With Us*, a
heart-wrenching love story that
proves attraction at first sight can
be messy. When Tate Collins
meets airline pilot Miles Archer,

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she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction.

Once their desires are out in the

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open, they realize they have the
perfect set-up. He doesn't want
love, she doesn't have time for
love, so that just leaves the sex.
Their arrangement could be
surprisingly seamless, as long as
Tate can stick to the only two

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rules Miles has for her. Never
ask about the past. Don't expect
a future. They think they can
handle it, but realize almost
immediately they can't handle it
at all. Hearts get infiltrated.
Promises get broken. Rules get

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shattered. Love gets ugly.
The Way to Love
Can't Hurt Me
Empowered Love
Redeeming Love (Movie Tie-In)
The God of Small Things
Crying in H Mart

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Love Me Gently

A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to

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heal the divisions that cause suffering.
Here is the truth about love, and
inspiration to help us instill caring,
compassion, and strength in our
homes, schools, and workplaces. “ The
word ‘ love ’ is most often defined as
a noun, yet we would all love better if

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we used it as a verb, ” writes bell hooks
as she comes out fighting and on fire in
All About Love. Here, at her most
provocative and intensely personal,
renowned scholar, cultural critic and
feminist bell hooks offers a proactive
new ethic for a society bereft with

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lovelessness--not the lack of romance,
but the lack of care, compassion, and
unity. People are divided, she declares,
by society ' s failure to provide a model
for learning to love. As bell hooks uses
her incisive mind to explore the
question “ What is love? ” her

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answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks

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one of the “ 100 Visionaries Who Can
Change Your Life.” All About Love is
a powerful, timely affirmation of just
how profoundly her revelations can
change hearts and minds for the better.
As many as one-third of all American
women tiptoe through life as if they are

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walking on eggshells -- at home, they spend most of their time trying to avoid criticism, anger, put-downs, or cold shoulders from their husbands or boyfriends. This verbal and emotional abuse can erupt over anything and everything, matters large and small:

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housework, cooking, work, spending money, buying household items and clothes for the kids, and going out.

Clearly, verbal and emotional abuse is a serious problem. Relationship expert Dr. Steven Stosny has been featured on national media for the revolutionary

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techniques he uses in his Compassion-
Power and Boot Camp programs,
which help men rewire their
resentment and anger, stop using
emotionally abusive language and
behavior, and compassionately
recommit to their marriages and

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families. Now, in *You Don't Have to
Take It Anymore*, Dr. Stosny puts his
effective, highly sought-after program
into print, making it widely available
for the first time for women who want
to stop walking on eggshells. Drawing
on his seventeen years of experience

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treating thousands of clients, Dr. Stosny explains the many different forms a verbally and emotionally abusive relationship can take. He explains how to identify abuse and why it's important to take action to change the relationship -- for not only is verbal

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and emotional abuse monumentally destructive to both the adults in the relationship, it also hurts their children. Dr. Stosny shows women and men how to apply his methods at home, shows women how to get their men to change, and demonstrates how they

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can know if change is permanent.
Additionally, Dr. Stosny's program
helps women recover from the pain
and abuse by practicing self-healing
skills so that they can reclaim their
natural sense of competence and
confidence. Using language that is

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more compassionate and accessible
than in any other book on relationship
abuse -- and different tactics from most
other therapies and therapists -- You
Don't Have to Take It Anymore
presents a practical program that both
women and men can use to stop verbal

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Lifelong Books
Childhood wounds-whether from

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parents, siblings, teachers, or any other source-often leave us vulnerable to developing a ?sensitive heart.? When left unhealed, these wounds wreak havoc in our adult lives, especially in our intimate relationships. People with ?sensitive hearts? grow to doubt

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themselves, and actually wonder whether they deserve a healthy, balanced, relationship. In time, they begin to attract dead-end relationships. With each unsuccessful romance, the ?sensitive-hearted? person moves farther and farther away from a

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positive, loving, long-term
partnership. Psychologist Dr. Debra
Mandel, who has worked extensively
with ?sensitive-hearted? individuals,
now offers a unique eleven-step
program to guide you out of the
emotional debris of the past, and help

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you establish happy, healthy, and successful relationships moving forward. This system works, as confirmed by hundreds of Dr. Mandel's satisfied clients. Helpful quizzes, true examples of sensitive-hearted individuals who have turned

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their lives around, and cutting-edge information combine to make this a must-have relationship builder. There is no need for you-or anyone you know-to stay trapped in unhappy patterns. Healing the Sensitive Heart paves the way to a lifelong love that won't

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disappear, dissolve, or disappoint-ever
again!

Designed for family abusers or people
on the path of becoming abusers, this
innovative treatment uses compassion
for self and loved ones as an
incompatible response to the

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motivation to control and abuse. One of the most effective treatments in the world, its theoretical and empirical foundations, and research evaluation are presented in the director's book, *Treating Attachment Abuse: A Compassionate Approach*, published

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by Springer.
Letting Go
A Memoir

How the Courage to Be Vulnerable
Transforms the Way We Live, Love,
Parent, and Lead
Life Lessons on Joy, Pain & the Magic

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That Holds Us Together
Relationship Into A
A Sociological Explanation
Compassionate, Loving One

Use Your Brain to Be Your Best Self
and Create Your Ideal Relationship
Like millions of other women, HLN
anchor Christi Paul blamed herself for

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the emotional abuse heaped on her by her first husband, whose violent, profanity-laced tirades left her feeling as though she had no value, no self-worth, and nowhere to turn for help. Then one day, when Christi was taking refuge in a church parking lot, the verse “Trust in the Lord with all your

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heart and lean not on your own
understanding” popped into her head.
In that moment, she realized she did
have someplace to turn after all.
Holding fast to her Christian faith,
Christi began the arduous process of
rebuilding her self-image and
regaining control of her life. Now

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happily remarried and the mother of three girls, Christi feels called to share her story in the hope that other victims will find courage to seek the help they desperately need and deserve. Written with candor and poignancy, *Love Isn't Supposed to Hurt* chronicles Christi's personal experience with emotional

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abuse and shows how—with God's help, some unconventional therapy, and faith—she was able to break the cycle and regain her sense of self-worth.

Life doesn't need to be a struggle.
Letting go is the strongest thing I've
ever done. Exploring the issues of love,

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loss, healing, and happiness, this
manifesto for freedom from one of
feminism's liveliest voices will guide
you on the path to feeling newly, truly
confident.

From the founder of This Gathered
Nest YouTube channel, an uplifting
story of Angela Braniff's unusual path

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to becoming the mother to seven children through various methods of adoption and biological approaches, encouraging women and mothers to embrace the unique purpose that God has put in their lives. Angela's love for life and her family radiates through everything she does. The Braniff

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household includes their two biological daughters, Kennedy, 12, and Shelby 10; Rosie, 7, who was adopted from China with Down syndrome; Noah, 7, adopted from Congo; Jonah 5, adopted domestically; and finally, Ivy and Amelia, their one year old twins who were adopted as embryos, and

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implanted in Angela, who gave birth to them. In fact, after the book was finished, they joyfully welcomed a new baby into their home, Benjamin, through adoption, making them now a family of ten! Love Without Borders shares Angela's relatable, humorous, and honest view of motherhood.

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Angela chronicles her journey to discover God's purpose for her life. For years she walked the safe, expected path, until one day she could feel God calling her to boldly step out and follow him into new places, which led her to raise a large, non-traditional family that looked different than she

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ever imagined. It was a winding path to motherhood, complete with heartbreak from failed adoptions, challenging pregnancies, and secondary infertility, but through it all Angela found the unique adventure God had for her. She has shared her family's stories on her popular

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YouTube channel, This Gathered
Nest, and now invites us in to go
deeper and listen to where God might
be calling us to go and who we've
been tasked with loving, no matter
how unusual (or just plain crazy) it
may sound! The beauty of God's plan
is he uses imperfect people to bring

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about perfectly beautiful stories.
Struggling with overwork and
parenting angst, English village doctor
Peter Radley endeavors to hide his
family's vampire nature until their
daughter's oddly satisfying act of
violence reveals the truth, an event
that is complicated by the arrival of a

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practicing vampire family member.
Are you the victim of a chronic anger,
verbal or emotional abuse? Do you
constantly second-guess your
thoughts and behavior to avoid being
hurt or put down by your husband or
boyfriend? If you are among the one
out of three women trapped in a hurtful

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relationship, you can end the abuse and rebuild a loving, compassionate environment for you and your family. In *Love Without Hurt*, psychotherapist Dr. Steven Stosny explains the many forms of verbally and emotionally abusive relationships so you can identify abuse and why it's so

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important to take action to change your relationship-especially because, if you have children, they have become innocent victims of the same abuse. Drawing from the revolutionary techniques of his CompassionPower “boot camp,” this practical program shows you self-healing techniques to

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help you recover from the pain and abuse, as well as methods for your partner to rewire his anger, resentment, and abusive behavior. Love Without Hurt is an essential guide for ending the cycle of resentment, pain, and abuse and developing a loving relationship.

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Relationship Into A
Jerk

Treating Attachment Abuse One
Daring Greatly

How to Heal Your Hurt, Love Your
Body and Transform Your Life

The Radleys

Manual of the Core Value Workshop

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The Unbearable Lightness of Being

NATIONAL BESTSELLER • A

stunning “portrait of the enduring
grace of friendship ” (NPR) about
the families we are born into, and
those that we make for
ourselves. A masterful depiction

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of love in the twenty-first century.
A NATIONAL BOOK AWARD
FINALIST • A MAN BOOKER
PRIZE FINALIST • WINNER OF
THE KIRKUS PRIZE A Little Life
follows four college
classmates—broke, adrift, and

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buoyed only by their friendship
and ambition—as they move to
New York in search of fame and
fortune. While their relationships,
which are tinged by addiction,
success, and pride, deepen over
the decades, the men are held

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together by their devotion to the
brilliant, enigmatic Jude, a man
scarred by an unspeakable
childhood trauma. A hymn to
brotherly bonds and a masterful
depiction of love in the twenty-
first century, Hanya Yanagihara ' s

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stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara ' s new novel, *To Paradise*, coming in January 2022.

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Love Shouldn't Hurt
After We Fell
The Five Love Languages
All About Love
This Thing Between Us
Love Isn't Supposed to Hurt