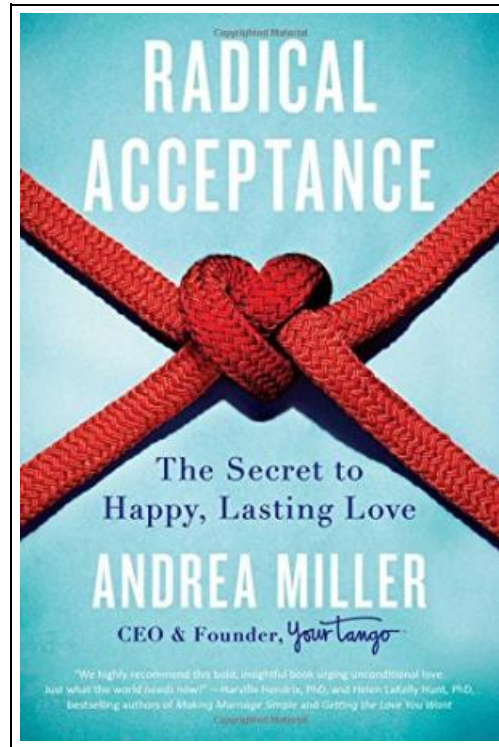


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Reviews

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(Lavina Torp)

RADICAL ACCEPTANCE: THE SECRET TO HAPPY, LASTING LOVE (HARDBACK)



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Atria Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. A warm, honest approach to prioritizing your partner and creating true happiness in your relationship--and in yourself. --John Gray, PhD, New York Times bestselling author of Men Are From Mars, Women Are From Venus Loving your partner without judgment is the ultimate gift you can give them--and yourself. Loving the lovable parts of your partner is easy. He s funny, charming, smart, successful, and kind. He s perfect. Except for when he is not. Like when he is late. Or short-tempered. Or impatient. Or lazy. Or he has just loaded the dishwasher incorrectly (again). Maybe he suddenly feels like the most frustrating person on the planet. Or maybe you re simply not feeling heard or seen. Or loved enough. It s these proverbial unlovable parts that make loving all of him so tough. But imagine if you let go of your itch to fix, judge, improve, or control your partner. Imagine if you replaced judgment with compassion and empathy. Tremendous empowerment and liberation come from loving someone--and being loved--for who we really are. This is called Radical Acceptance. Whether you re looking for Mr. Right or are already with him, this is your powerful five-step guide to attaining life s ultimate prize: unconditional love. Through Radical Acceptance, you ll learn how to increase your emotional resilience, feel more confident, determine whether you re settling, quiet those doubt-filled voices in your head, get out of that endless cycle of dead-end dates, reduce conflict, and build a deeply fulfilling, affirming relationship--all through highly actionable advice. Best of all, you will discover how amazing it feels to have your heart expanded by an abundance of love and compassion for your partner and yourself. Featuring compelling stories from real-life couples and insights...



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