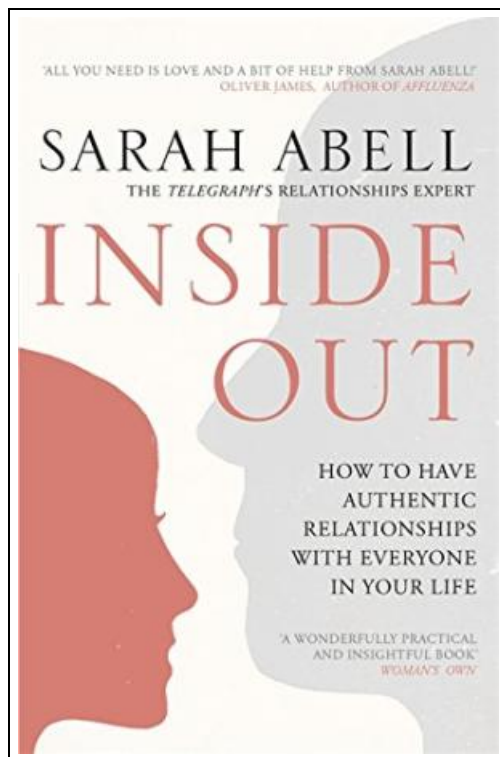


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(Rebecca Bechtelar)

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, InsideOut: How to Have Authentic Relationships with Everyone in Your Life, Sarah Abell, 97.5% of people admit their relationships could be improved 64% of people don't think they give enough time to their close friendships 59% of single people often feel lonely 80% of people don't respect their boss Are your friendships as strong as you'd like them to be? Are you struggling with a relationship at the moment? Have you ever wondered why some people make you react in a certain way? Perhaps you long for more time to spend with your loved ones, or for loved ones that you would want to spend more time with. Do you wish you didn't lose your temper so much or that you could express your emotions more easily? Would you like to understand those around you better? If you want to have genuine, meaningful relationships with everyone in your life, INSIDE OUT is the book for you. Full of practical advice, it will show you how to invest in authentic relationships one of the most rewarding adventures we can ever undertake.



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