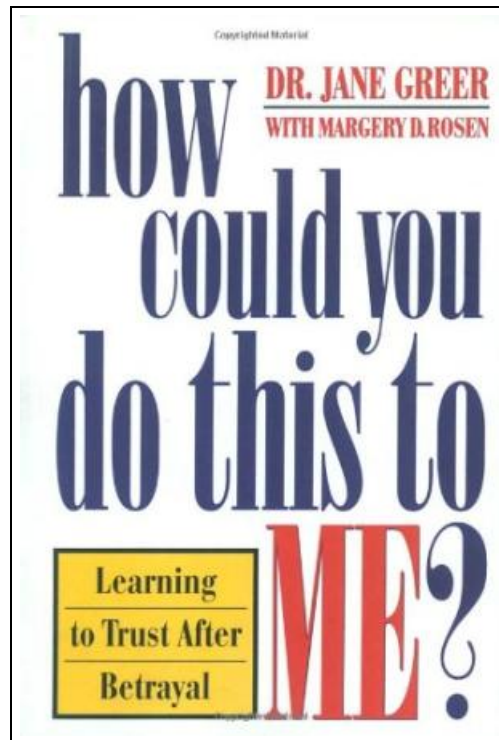


## How Could You Do This to ME?



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### ***Reviews***

*The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.*

*(Tomas Witting)*

## HOW COULD YOU DO THIS TO ME?



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Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Main Street Books ed. 140 x 137 mm. Language: English . Brand New Book. \* How did I let this happen? \* Why didn't I see this coming? \* Did everyone see it but me? \* Am I too trusting? \* I can't let this happen again! At one time or another, we have all been betrayed by someone we trusted. We have all felt the sting of deceit, the shattering of confidence. When the people we count on betray our trust, the wound is deep and long-lasting. But it doesn't have to be this way. How Could You Do This to Me ? shows you that you don't have to be the victim of broken trust, betrayal, or lies. Quite simply, trust is an active, not a passive, process. You can take control of your life by learning how to change your attitudes and expectations of others--be they spouse, lover, colleague, family member, or friend. How Could You Do This to Me? tells you how to spot the warning signs that someone you trust may actually be untrustworthy. You'll learn about the roots of trust, why you may be trusting too blindly, and why betrayers betray. You'll meet the people most likely to betray your trust: rivals, who want to be better than you; admirers who want to be just like you; and users who, thinking only of themselves, take away all you've worked for. You will also learn to recognize the personal risk factors that make you vulnerable to broken trust. Finally, you will learn how to deal effectively with the fallout of betrayal--how to curb the desire for revenge, when and how to confront those who have let you down, as well as when to forgive, if possible, and move on. Most importantly, this...



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