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Love and Be Loved: Eight Steps to Creating Intimacy and Finding the Love You Want (Paperback)

By Ph D John Tamiazzo

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A treasure trove of useful information and insights about love and its central significance in our lives. The intriguing exercises in this book will expand your capacity to love and enrich the quality of your interpersonal relationships. -Mel Kranzler, author of Creative Marriage and Learning to Love Again The most crucial of all human needs is to be nurtured by the love of others and in turn to nurture others with the love deep within us. But most of us are held back from forming and sustaining truly loving relationships by the fear, guilt, and self-criticism we learned in childhood. In this thoughtful, practical guide, Dr. Tamiazzo leads readers through a simple eight step process that can free anyone s highest potential to give and receive love. Step 1: Opening To Love Step 2: Letting Go Step 3: Checking In Your Baggage Step 4: Listening To The Right Voice Step 5: Creating Intimacy Step 6: Love Is Forgiving Step 7: Love Is For Giving Step 8: Awakening The Heart Love and be Loved is a book from the heart! It will be...



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