



## This Is Why I m Guarded: The Guarded Girl s Guide to Love (Paperback)

By Nicole Tarkoff

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sometimes we guard our hearts to keep them from being broken. Sometimes we build our walls higher when love lets us down. But we won t understand the love we re capable of finding, or the love we re capable of giving, until we learn that while a guarded heart can protect you from pain, it can also prevent you from letting love in. This Is Why I m Guarded communicates the struggle of finding a love you know is meaningful and learning how not to be afraid of it. Nicole s compilation portrays the beauty in being vulnerable. She explains that it s okay to fear the pursuit of love and that letting your guard down is worth the risk you take to find it.



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