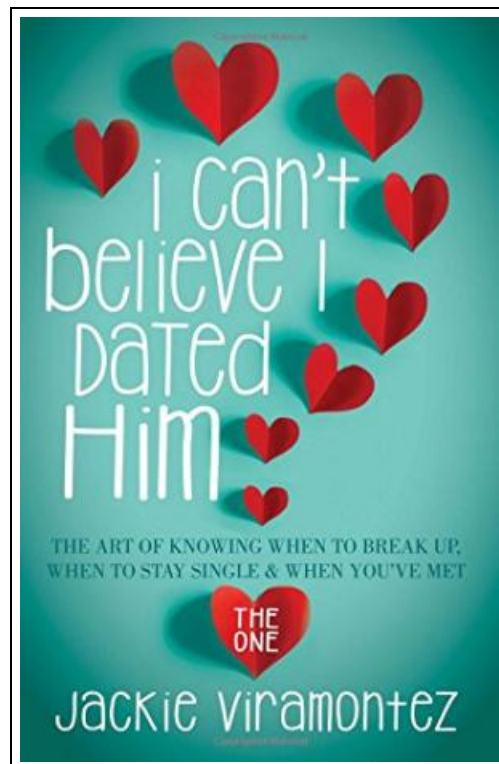


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I CAN'T BELIEVE I DATED HIM: THE ART OF KNOWING WHEN TO BREAK UP, WHEN TO STAY SINGLE AND WHEN YOU'VE MET THE ONE (PAPERBACK)

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Morgan James Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book. I Can't Believe I Dated Him includes the practical insights of Brene Browne's The Gifts of Imperfection, the heart-centered tools of Melody Beattie's Codependent No More, and the scientifically backed modalities of Nick Ortner's Tapping Solution. No matter how much we learn about dating, boundaries, and calling in the one, we wind up attracting the wrong men. When this happens, we are tempted to beat ourselves up. Don't. What if the frustration is the very emotion you need to change your future relationship status? Every relationship leaves us with new standards, boundaries and trust issues. While we hope to have a healthy relationship in the future, we are afraid of getting too excited. The past teaches us that high standards lead to disappointment. In I Can't Believe I Dated Him, relationship expert Jackie Vramontez explores how doubt, empathy and regret are showing up for for a different reason than what we might think. By embracing the power of our emotions, laughing at our imperfections, and being courageously authentic, we transform relationship issues into opportunities. Vramontez seven choices, empower women to break up with the wrong men and to celebrate the right ones. We never again have to ask: Why do I keep dating cheaters? Am I dating a narcissist? Am I dating the right guy? How do I rebuild trust? If you are tired of dysfunctional relationships, I Can't Believe I Dated Him is a practical guide to experience a relationship grounded in confidence, emotional intelligence and authenticity.



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