

Relationship Saboteurs Overcoming The Ten Behaviors That Undermine Love

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Overcoming The Ten

Relationship Saboteurs is an easy-to-follow guide that will help you identify and end your relationship-destroying tendencies once and for all. The book explores the ten most common relationship-undermining behaviors and shows you how to overcome them.

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When the relationship ends, the relationship saboteur often feels blind-sided without ever understanding why. Relationship Saboteurs describes the ten most common undermining behaviors each in its own chapter: Insecurity, Control, Fear of Intimacy, Needing to Win, Pessimism, Center Stage, Addictions, Martyrdom, Defensiveness, and Breaking Trust.

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The book explores the ten most common relationship-undermining behaviors and shows you how to overcome them. By understanding and addressing the patterns that erode romance, you can learn to stop sabotaging your love life and prepare yourself for the healthy romantic relationship you deserve. Learn to overcome these toxic emotions and behaviors:

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