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## How to avoid common pitfalls in your relationship Understanding the language of distress

By Psy. D, Debby Fogelman

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. If you are in a committed relationship or would like to be in a relationship that could lead to marriage then this book is important for you to read. It will foster self-awareness and help to facilitate an understanding of how certain patterns or ways of relating, which are established in childhood, can often unwittingly cause problems in current relationships. This short book describes the subtleties of attachment behaviors and illustrates how our internal world, which is inhabited by mental representations of the way we experienced early important people in our lives, creates a prism through which our perception of reality is colored. Armed with this information one can more easily accept how each person plays a part in contributing to the confusion and friction in the relationship. This item ships from La Vergne, TN. Paperback.



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