



Thank You For Loving Me!: The Psychology Of Abandonment, Healing, And Loving

J. Ray Rice

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Practical psychology on how abandonment issues affect our ability to bond, trust, and care for others or ourselves. This book assists in the identification and healing of unresolved abandonment issues. It teaches you how to love yourself, then others. The effectiveness of these processes are enhanced in therapy with the use of its personal growth journal...What I Must Give Myself...First!

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