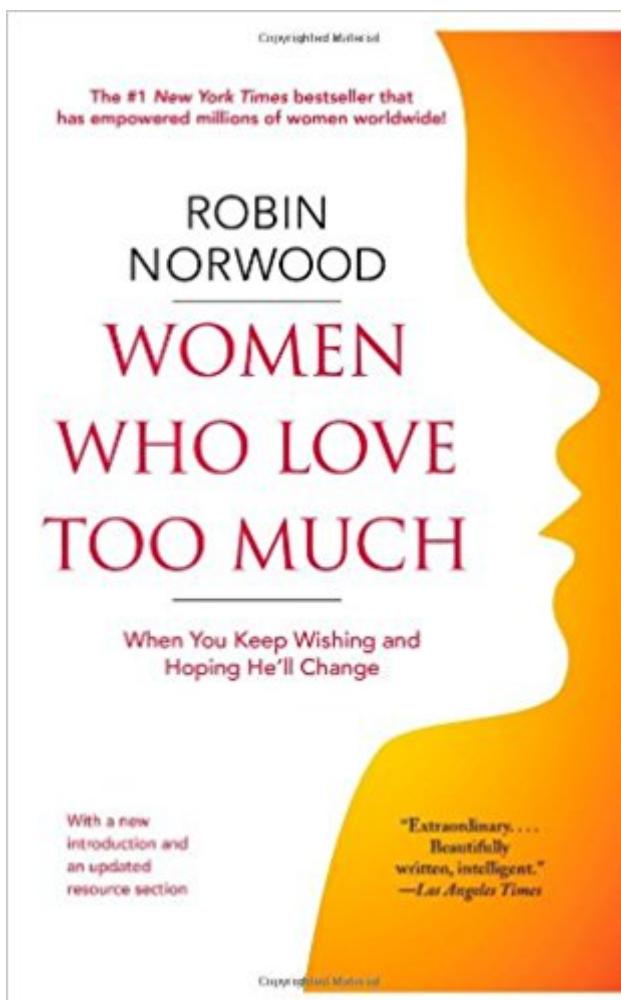


The book was found

Women Who Love Too Much: When You Keep Wishing And Hoping He'll Change



Synopsis

The relationship classic hailed by Erica Jong as "life-changing" •now updated with a new introduction and resource section! The #1 New York Times bestseller that asks: are you a woman who loves too much? -Do you find yourself attracted again and again to troubled, distant, moody men •while "nice guys" seem boring? -Do you obsess over men who are emotionally unavailable, addicted to work, hobbies, alcohol, or other women? -Do you neglect your friends and your own interests to be immediately available to him? -Do you feel empty without him, even though being with him is torment? Robin Norwood's groundbreaking work will enable you to recognize the roots of your destructive patterns of relating and provide you with a step-by-step guide to a more rewarding way of living and loving. If being in love means being in pain, you need to read *Women Who Love Too Much*.

Book Information

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Customer Reviews

"An extraordinary self-help book that reads like a page-turning thriller....This beautifully written, intelligent book can help women break the pattern of foolish love." -- Los Angeles Times "If you constantly find yourself loving men you want to change, *Women Who Love Too Much* is for you." -- Houston Chronicle "A message so compelling that those readers who see themselves in the book may well be inspired to follow [Norwood's] 10-point recovery plan.... Norwood conveys the authority and sensitivity of a sister sufferer." -- Philadelphia Inquirer "Even if you're not a woman who loves too much, the book is a reminder that we indeed make our lives and that love is supposed to be a

happy event." -- Boston Herald "How to distinguish between unwise loving and healthy loving is what Norwood sets out to do.... Every woman, no matter how healthy her relationships with men may be, may see a bit of herself in this book." -- Star Publications

Robin Norwood is also the author of Letters from Women Who Love Too Much, Daily Meditations for Women Who Love Too Much (illustrated by Richard Torregrossa), and Why? A Guide to Answering Life's Toughest Questions. There are more than three million copies in print worldwide of her #1 bestseller Women Who Love Too Much. A former marriage, family, and child therapist specializing in addiction, she lives in the central coast area of California.

I thought some read my journals, chronicled my life. I burst into uncontrollable tears which I held in for 30 years. My heart burst into millions of pieces. She exposed me to myself. What a gift. A new me for a new year. I sit it right beside my Bible.

A must read for those women out there who keep meeting and hanging on to MR. WRONG. This book changed my life and I would highly recommend anyone who is with an abusive, alcoholic, drug addicted, etc. partner read it. You will see your past life unfold on every page. Don't think twice, buy it now.

In these pages I have read the stories of many clients of the writer. I have also read the stories of nearly every woman I know. From the strongest, most independent to the most damaged, this book has insight. I read it for myself and saw my daughter, my best friends, my most distant enemies. I'm not a self-help book aficionado but I couldn't stop reading and re-reading each chapter, gleaning more and more insight into why I do what I do, why I did what I did, why I put up with what I put up with and how to learn to focus on my own health, my own mental health, my own expectations and best of all, my own boundaries. Each chapter, once finished, was begun again. Notes taken, highlighting done in different colours for the different emotions and people coming to mind as the words came together and made sense. I'm learning. Each day I'm paying attention to what I am thinking, feeling, living ~ and understanding the child behind the woman whose actions can seem so lost. I love this book. If all self-help books were this good, I'd probably be an avid reader. But for now, I can read this one over and over again. I'm happy with that.

Every woman who has spent way too much time, money, resources, stress, heartache, etc... on a

man needs to read this book. It is life changing.

Half-way through and this book is already changing my life. Every now and then we come into some knowledge that alters our world view, that changes the way we behave and relate to our environment for the better. This is such a book. I will warn you, if you are a woman who loves too much (and you'll know as soon as you open the book) then be prepared for some tough epiphanies. Although some realizations may be the painful truth, introspection is necessary to live your best life. Some of the anecdotal stories seem redundant in the middle. My guess is that so many were included to encompass the diversity in this maladaptive way of relating.

This book has been a life changing book to read for many women who I have given it to read to get them out of bad relationships, I have referred it for reading over many years that I have been a therapist. Many clients tell me they see themselves in the stories in this book and can see how they need to change as a result of reading it..

This is an amazing book, and I can't stop talking about it to all my friends and loved ones. I would genuinely recommend it to anyone who grew up in a fairly dysfunctional family, even only mildly, or even not at all-- because it truly does help you reflect on your childhood, on your learned behaviors, and how those behaviors affect your adult relationships. It also encourages a lot of self reflection and forces you out of denial, which is key in any growing/evolving process. Definitely one of my favorites!

good book bought it for my mother the most codependent woman I ever met but she won't read it. she likes being subservient

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