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Step 1 of 10 steps to overcoming insecurity in relationships

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Has your romantic partner called you clingy, insecure, desperate, or jealous? No one wants to admit that they possess these qualities; but if you find yourself constantly on the alert, anxious, or worried when it comes to your significant other, you may suffer from anxious attachment, a fear of abandonment that is often rooted in early childhood experiences.

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Insecure in Love is a clear and comprehensive guide for self-understanding and self-compassion in which readers are encouraged to explore themselves and complete step-by-step exercises. The end result will be greater understanding of your relationships and a healthier, more secure self!

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LOVE SENSE covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, LOVE SENSE will change the way we think about love.

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Insecure In Love provides a path to more secure attachment and greater self-acceptance through compassionate self-awareness, a combination of self-awareness and self-compassion. This ability can help you to develop a more nurturing approach to your relationship with yourself and your partner.

Insecure in Love marriage counseling books | Dr. Leslie

"Insecure in Love" had some good points, but I found the book overall lacking. There was not any new insights given and the tips provided by Becker-Phelps just didn't seem to be ones that would prove helpful. Maybe the book will be useful to some, but I just didn't find it so.

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