



Why Do I Need You To Love Me In Order To Like Myself?: How to Stop Your Need for Approval from Destroying Your Relationship and Your Life

Barry Lubetkin Ph.D.

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Approval craving is a curable problem. This book provides you with quizzes to help you understand your behavior, a wealth of case studies to help you find yourself, an 8 step program to help you learn behaviors that reduce rejection anxiety, step-by-step exercises to help you stand up for yourself and develop a greater sense of self-confidence and happiness.

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