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## Affective Dependency

Six Steps for Taking Back Control

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Gain a clearer understanding of how affective dependency works.

You're always meeting the same kinds of people in your personal life. Emptiness and loneliness terrify you, forcing you to stay in an untenable relationship. Doubt sets in and you no longer know the source of your anxiety: yourself, or your partner? Sound familiar! Then this book is for you! It's a long hard road to lasting change, but the results will be worth it. One day, maybe a year or even just months from now—everyone goes at their own pace—you'll have enough distance to proclaim: "I've done it! I feel better about myself. I like myself. I like who I am."

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