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Each year millions of people are victims of a bad relationship and are unable to do something about it because of the fear of losing their love ones or to be lonely. This book will help you make of love a healthful experience.

Introduces the theory of adult attachment as an advanced relationship science that can enable individuals to find and sustain love, offering insight into the roles of genetics and early family life in how people approach relationships.

Being emotionally independent does not mean that you have to stop being loving, It is about being the master of your own feelings, faithful to your own principles and never handing over your personal dignity to someone else in exchange for something, not even in the name of love. Do I you love or do I depend? If this is a question you ask yourself, then this guide, based on the bestseller, To Love or to Depend? is for you. In it, Walter Riso teaches us, in a practical manner and without too much theory involved, the steps we need to take in order to be able to love without being emotionally dependent. He provides ideas and processes that will help you develop the right skills to deal with emotional dependency, prevent it and/or create a lifestyle aimed at emotional independence and affective detachment.

I have written this guide in order to help you create a space for reflection within your life and as a result develop emotional and cognitive strategies that can make you more resistant to love-sickness. Once you learn exactly why we absurdly equate love to suffering, you'll know how to avoid falling into the trap and learn to foster more adaptive schemes of behaviour. Through the concepts of philosophy, psychology and his 30 years plus of experience as a therapist, in the 39 chapters of this book, Walter Riso guides us through a model or scheme of reflection to help us understand the characteristics of a love that is good (healthy, coherent, constructive) and one that is bad (sick, incoherent, destructive).

“Activating your self-love is the first step towards any type of psychological growth and personal improvement. Of course I am not talking about the dark side of self-esteem, which leads to narcissism and fascination with the ego, but rather about having a genuine ability to, fearless and unashamedly, recognize your strengths and virtues, integrate them into the development of your own life...” In this guide, Dr. Walter Riso teaches us about the tools we need to help bolster our self-esteem; he teaches us to feed our self-love, freeing us from dependencies and stripping away all those things that weigh heavily on us. This, in turn, enables us to build our own happiness.

After the transformative six months spent with Will Traynor. Louisa Clark is struggling without him. When an accident forces Lou to return home to her family, she cannot help but feel she is right back where she started. Her body heals, but Lou knows that she needs to be kick-started back to life.

In 1968 University of California Press published an unusual manuscript by an anthropology student named Carlos Castaneda. The Teachings of Don Juan enthralled a generation of seekers dissatisfied with the limitations of the Western worldview. Castaneda's now classic book remains controversial for the alternative way of seeing that it presents and the revolution in cognition it demands. Whether read as ethnographic fact or creative fiction, it is the story of a remarkable journey that has left an indelible impression on the life of more than a million readers around the world.

Since the dawn of civilization the vampire has danced through the dreams and nightmares of every culture, expressed in folklore, literature, and art. Today, this fascination resonates in pop-culture, through hit television shows and movies and bestselling books. But what does it mean to be a vampire, a

living and modern vampire? What many do not realize is that the Living Vampyre is on a serious, lifelong spiritual path. Best known as Strigoii Vii, the Living Vampyre is one who has embarked on a serious and lifelong spiritual path. Not just “kids in capes,” the members of this magickal community seek to live in glamour and ritual every day. The Vampyre Sanguinomicon provides a profound perspective on the Vampyre culture, traditions, movement and philosophies, which are intended to challenge and inspire your views. Chapters include Vampyre Ritual, Vampyre Sensuality, Beginning Vampyrism, and The Vampyre Wedding.

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

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