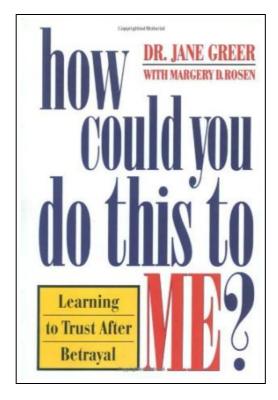
How Could You Do This to ME?



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Reviews

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(Eulalia Langosh)

HOW COULD YOU DO THIS TO ME?



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Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Main Street Books ed. 140 x 137 mm. Language: English . Brand New Book. * How did I let this happen? * Why didn t I see this coming? * Did everyone see it but me? * Am I too trusting? * I can t let this happen again!At one time or another, we have all been betrayed by someone we trusted. Wehave all felt the sting of deceit, the shattering of confidence. When thepeople we count on betray our trust, the wound is deep and long-lasting.But it doesn t have to be this way. How Could You Do This to Me? showsyou that you don t have to be the victim of broken trust, betrayal, or lies.Quite simply, trust is an active, not a passive, process. You can take controlof your life by learning how to change your attitudes and expectations ofothers--be they spouse, lover, colleague, family member, or friend. HowCould You Do This to Me? tells you how to spot the warning signs thatsomeone you trust may actually be untrustworthy.You Il learn about the roots of trust, why you may be trusting too blindly, andwhy betrayers betray. You Il meet the people most likely to betray your trust: rivals, who want to be better than you; admirers who want to be just like you; and users who, thinking only of themselves, take away all you ve worked for.You will also learn to recognize the personal risk factors that make youvulnerable to broken trust. Finally, you will learn how to deal effectivelywith the fallout of betrayal--how to curb the desire for revenge, when and howto confront those who have let you down, as well as when to forgive, ifpossible, and move on. Most importantly, this...

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