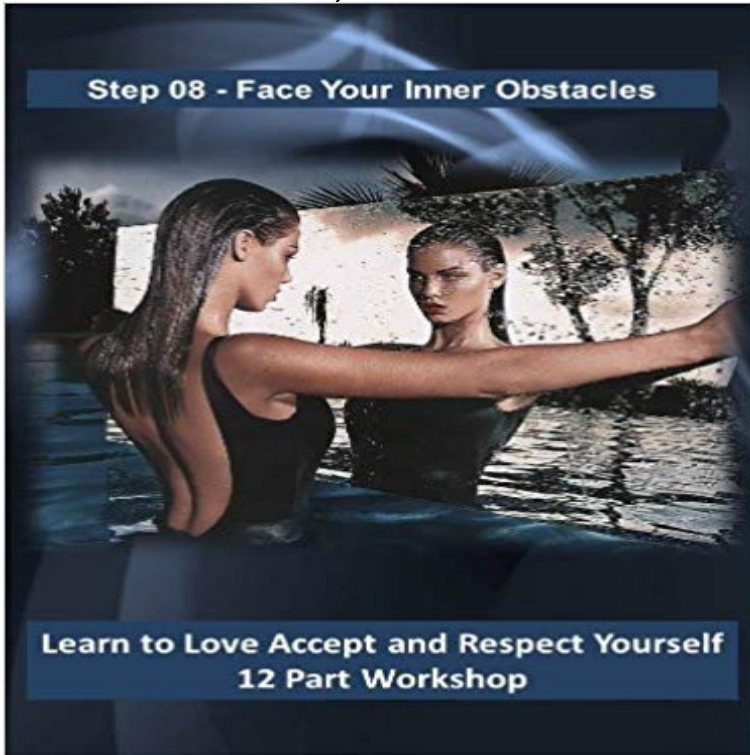


## Face and Overcome Your Inner Obstacles (Love Accept and Respect Yourself Book 8)



Love Accept and Respect Yourself Series - Part 8 (You have the option to read one part of this series or all 12 parts - the choice is yours.) We face many inner and outer obstacle to the goal of being happy with ourself and in a relationship. In the eighth stepping stone, we deal with the inner obstacles that hold us back from a healthy and lasting relationship. These are things that are inside of us so we are the people that must face these things and work them out. Some of the things we discuss, include: fear of a relationship, fear of leaving a bad or unhealthy relationship, self-pity, leaving too much to chance, let fear run your life and dictate your decisions, unresolved grief, let insecurities get in your way, communication issues, the excessive need for control, not learning from your mistakes. And, finally, we talk about unpacking baggage from your old relationships. As you can tell, we tackle a lot in this lesson, but remember you can take the time you need to work through these exercises and you can always go back to areas that need more attention. This is the eighth lesson in a 12 part program to help you find out what is holding you back from loving yourself and to tackle these problems and move your life forward. Each part of this series includes a wealth of information, suggestions, tips, exercises, questions, journaling exercises and much more to help you make these changes. A loving relationship is only 12 stepping stones away

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