



# Loving Your Partner Without Losing Your Self

*MSSW Martha Baldwin Beveridge, Martha Beveridge, Harville Hendrix, Helen Hunt*

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Many men and women enter relationships with high hopes and romantic passion, only to find themselves feeling angry, hurt, disappointed, and frustrated. They may begin to doubt whether they'll ever free themselves from painful patterns and rediscover their passion. The majority of relationship books focus on how partners interact. But the advice offered is often impossible to follow because it ignores two essential issues that each mate must address and master — personal development and boundary healing. Martha Beveridge guides readers toward trusting, committed relationships that allow room for each partner's individuality.



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