



What About Me?: Stop Selfishness from Ruining Your Relationship

Dr Jane Greer

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"Am I with the most selfish person alive?"

"Am I being selfish when I do the things I want to do?"

"If you loved me, you would..."

The battle of what "I want" versus what "you want" is intense. Couples are in a constant tug of war, squabbling with each other with no regard for their partner's feelings, with great guilt over their own perceived selfishness, or feeling somewhere in between. And it's costing us our relationships.

What About Me? will guide readers through the new terrain of relationships in this era of entitlement, showing how selfishness plays a role and helping you better understand what being selfish really is. Learn to:

see beyond what you perceive as selfish requests-your partner's and your own

conquer the selfish hot spots that flare up in your relationship

understand all the differences, fears, and preferences that come between couples

Through anecdotes and quizzes, and drawing from Dr. Jane Greer's more than twenty years of experience in relationship counseling, What About Me? will teach readers what's reasonable to expect of themselves and their partners, equip them with the tools to move from "me" to "we," and get them back on track to happily ever after.

"Finally, a simply put yet deeply resonating guide to help us eliminate toxic messages that feed into our relationships! Keep What About Me? next to your bedside and get what you need, immediately!"
-Emme, supermodel

"What About Me? unabashedly digs deeply into the origins of conflict in relationships and paves the way for resolution, healing, and happiness. This is a book that will serve all of us well."
-David Perlmutter, MD, author of Power Up Your Brain: The Neuroscience of Enlightenment

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Martha Williams:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite guide and reading a reserve. Beside you can solve your condition; you can add your knowledge by the guide entitled What About Me?: Stop Selfishness from Ruining Your Relationship. Try to face the book What About Me?: Stop Selfishness from Ruining Your Relationship as your buddy. It means that it can for being your friend when you truly feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated for yourself. The book makes you more confidence because you can know every thing by the book. So , let us make new experience and knowledge with this book.

Arthur Poulsen:

As people who live in the particular modest era should be revise about what going on or information even knowledge to make these individuals keep up with the era and that is always change and advance. Some of you maybe will certainly update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know what one you should start with. This What About Me?: Stop Selfishness from Ruining Your Relationship is our recommendation to make you keep up with the world. Why, because book serves what you want and wish in this era.

Leslie White:

Reading a book can be one of a lot of pastime that everyone in the world adores. Do you like reading book and so. There are a lot of reasons why people love it. First reading a book will give you a lot of new facts. When you read a reserve you will get new information mainly because book is one of numerous ways to share the information or maybe their idea. Second, reading a book will make you more imaginative. When you examining a book especially hype book the author will bring you to imagine the story how the characters do it anything. Third, you could share your knowledge to others. When you read this What About Me?: Stop Selfishness from Ruining Your Relationship, you may tells your family, friends and also soon about yours book. Your knowledge can inspire average, make them reading a publication.

Irene Carpenter:

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher which print many kinds of book. Typically the book that recommended for your requirements is What About Me?: Stop Selfishness from Ruining Your Relationship this guide consist a lot of the information of the condition of this world now. This specific book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. The writer made some investigation when he makes this book. That is why this book acceptable all of you.

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