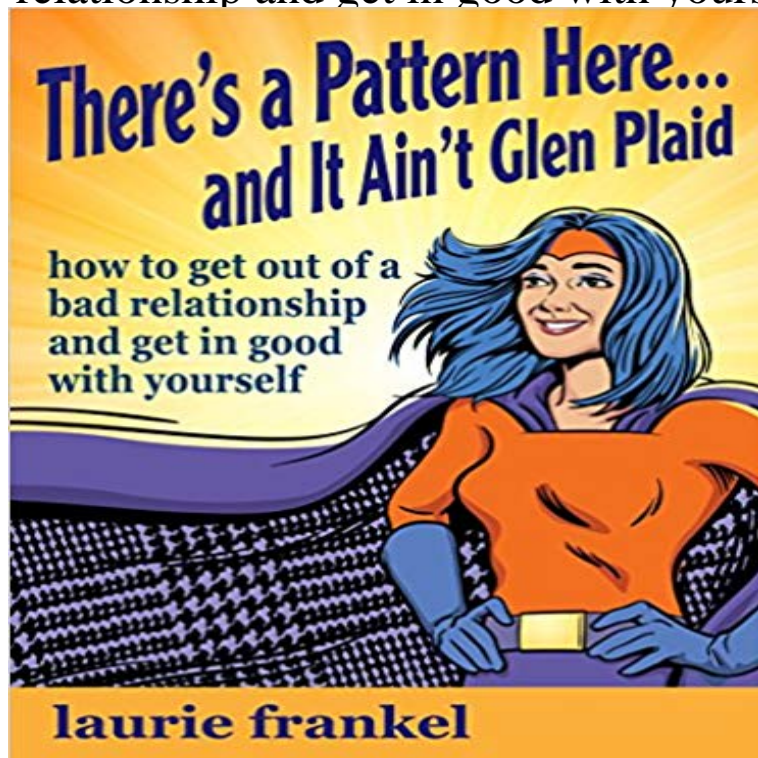


Theres a Pattern Here & It Aint Glen Plaid: how to get out of a bad relationship and get in good with yourself



...laugh-out-loud funny...great practical suggestions...A quirky, earnest guide to regaining self-esteem for the modern woman. Kirkus Reviews Many women grow up looking for their security and sense of well being outside themselves, typically in a love relationship with a man. Man comes, self esteem comesyoure walking on sunshine. Man goes, literally or figuratively, self esteem goesyoure walking where the sun dont shine. Because a strong sense of self is never internalized, this cycle of searching for and losing the man who can supposedly ground you, is endless. But theres hope. Learn to internalize a strong, healthy sense of self and self love and you will be a calm, confident and much more discerning mate seeker, for a women who truly values herself will find relationships, both platonic and romantic, that value her. So, things are crappy. Yay! I mean, yay, because now youve found the perfect book. Help is on the way.

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