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Choosing Me before We

Christine Arylo

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Choosing Me before We

Christine Arylo

Choosing Me before We Christine Arylo
Full of sass, soul, and the type of empowering wisdom that no woman should live without, Choosing ME before WE is like a heart-to-heart with your closest girlfriend. And best of all, you'll discover that your closest girlfriend is your own truest self, inside you, always ready to offer wise, loving advice and counsel about what is best for you.

Designed to challenge and guide women to create the relationships they want instead of the ones they often find themselves stuck in, this book is packed with:

stimulating questions to uncover what's true for you, daring you to get downright real about yourself and your relationships
powerful techniques to change old habits that sabotage your dreams
real-life experiences shared by the author, her friends, and her clients
Author Christine Arylo, who almost married the wrong guy for all the wrong reasons, speaks to women of all ages, whether they're seeking a relationship, evaluating a less-than-fulfilling one, rebounding from a bad breakup, or working through issues with a partner. Choosing ME before WE teaches women to stop settling, to get real about the kind of partner they're looking for, and to start exploring and creating what they truly want in themselves and their relationships.

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