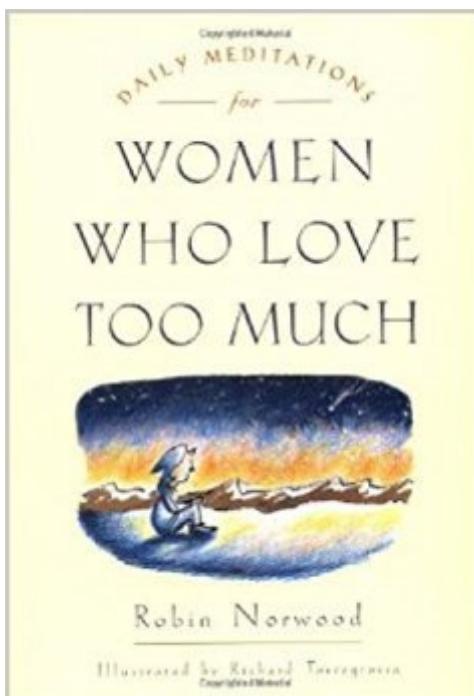


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# Daily Meditations For Women Who Love Too Much



## **Synopsis**

Robin Norwood revolutionized the way we look at love, with a compassionate, intimate book offering a recovery program for women who love too much - women who are attracted to troubled men, who neglect their own interests and friends, and who are unable to leave tormented relationships for fear of being "empty without him." Norwood now enhances the practical wisdom of that book with years' worth of deep reflection and study. The result is a series of daily meditations that promote sane loving and serene living no matter what is - or isn't - happening in your personal life. Illuminated by Richard Torregrossa's humorous yet sensitive pen-and-ink drawings, each page of this book stimulates awareness, offers guidance, and fosters inner growth.

## **Book Information**

Paperback: 400 pages

Publisher: TarcherPerigee; 42513th edition (June 16, 1997)

Language: English

ISBN-10: 087477876X

ISBN-13: 978-0874778762

Product Dimensions: 5 x 1 x 7.2 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ (46 customer reviews)

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## **Customer Reviews**

This book, a daily devotional for we women who base our value on our love lives with our men is a real eye opener. I couldn't wait to read to the next day. It helps to see what you already deep down know in your heart to be true...it validates all the feelings that you have. For those of you that are dependant on men for completion...get this book.

A very painful divorce and a subsequent tumultuous relationship forced me to face issues I had never faced from my childhood. I read book after book and there were many that helped to uncover what was underneath the behaviors I had developed. But of all the books, I consider this meditation book for Women Who Love Too Much to be my handbook for survival and true change. Whenever I

feel myself slipping, I pick up the book and read it from cover to cover. I have many pages dog-eared that are particularly appropriate. I can't recommend it enough.

I loved reading this book daily. Some meditations did not "really apply" for my situation but they made me think. It made me realize a lot of things, and I even used some thoughts as quotes that I sent to friends via email. I must say that it is a little book with a lot of wisdom.

I loved the original book (I also reviewed it) and I needed so much help to get out of "love too much" pattern with my ex husband. So I got this book. Daily meditations are indeed in line with all learned in the book, they are sort of daily reminders of all the little things we did wrong and all the things we need to change about US, but actually meditating on these, reading one per day seemed so corny. So I flipped thru it randomly and read several at one time until I would get tired, and then come back to it some other time. It might have worked better if I used it as prescribed, but I was too screwed up at the time. Unfortunately. For closing, here is one of my favorites: "We are certain that if we show someone how much we love him, no matter how he treats us, he will change. What we are really showing him is that it is safe for him to remain the same". Boy, was I champion of this particular mistake!

I've given/recommended this book to several off my friends and family members. It's genuinely helpful and doesn't toss in the clinical bullcrap that comes along with "selfhelp" books.

This book is a simple daily devotional book with lighthearted line drawing illustrations. It provides solid advice and insight in just a few minutes a day. The focus is on loving yourself, meeting your own needs, and taking responsibility for yourself. The short readings shed light on how we fall into dysfunctional relationships, how we abandon ourselves, and how we confuse obsession with love. This is very consistent with the advice found in books on codependency. Powerful words, lots of wisdom in a little inexpensive book. These unhealthy behaviors can affect anyone, but I like it that this book is a resource designed to serve and speak to women.

I cannot recommend this book enough to any woman who is struggling with relationships. Whether you're in a codependent relationship, an abusive relationship, going through a divorce, struggling to find your own identity.... this book is so full of wisdom. It really helped me open my eyes to the core of my issues, and what I needed to do to grow into a happier, healthier, more independent person.

It's really nice that it is written as a daily meditation book, so that you can start each day with a little bit of encouragement and wisdom. I also highly recommend the Women Who Love Too Much book, these 2 books really helped me a lot during a very rough patch in my relationship and life in general.

This book is very helpful for any women; single, married, in a relationship... it helps discern why you might be attracted to certain types of people not just a mate. Why do we give our love away so easily? this book helps you look into that and other questions.

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