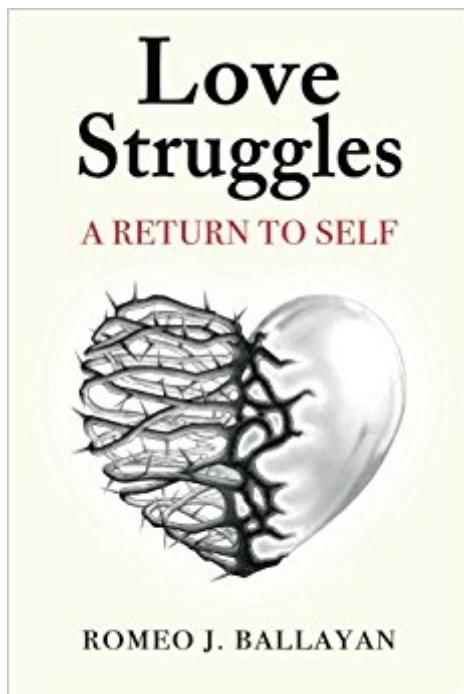


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# Love Struggles: A Return To Self (Volume 1)



## Synopsis

Have you ever experienced or do you currently experience unhealthy thoughts? Destructive thoughts that cause you to forget how wonderful and magnificent you are? Have these limiting thoughts been a result of insecurities or low self-esteem? Are you ready to experience the love and kindness you truly deserve? In this book, you will learn the value in emotional self-management. You will learn the importance of observing your train of thought and eliminating any baggage that doesn't belong to you. You will gain this awareness through various concepts, skills, and exercises including:

- Turning off destructive or limiting voices
- Defining what healing means to you and identifying its importance
- Being accountable for meeting your needs

## Book Information

Series: Love Struggles

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## Customer Reviews

Romeo J. Ballayan is a BSW graduate from The University of Central Florida. Romeo has worked as a Medical and Non-medical Case Manager for several years. He has primarily provided services for clients who have struggled with drug and alcohol misuse, mental health disorders, and HIV/AIDS. His clients have all expressed challenges with mental and physical abuse, suicidal ideations, and poor self-esteem. His goal has always been to bring clients to their own awareness, which is where he believes real, meaningful healing truly begins. He was inspired to write this book while encouraging his clients to work through their deeply rooted pain as he overcame his own.

A beautifully written book. I met Romeo when he was a student of mine at UCF over 10 years ago.

He has a true love and concern for people and it was obvious in the pages of this book. It was very easy to read and to understand. He had an interesting approach of unraveling the layers of our lives, beliefs and reactions to situations. Looking forward to vol. 2 and 3.

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