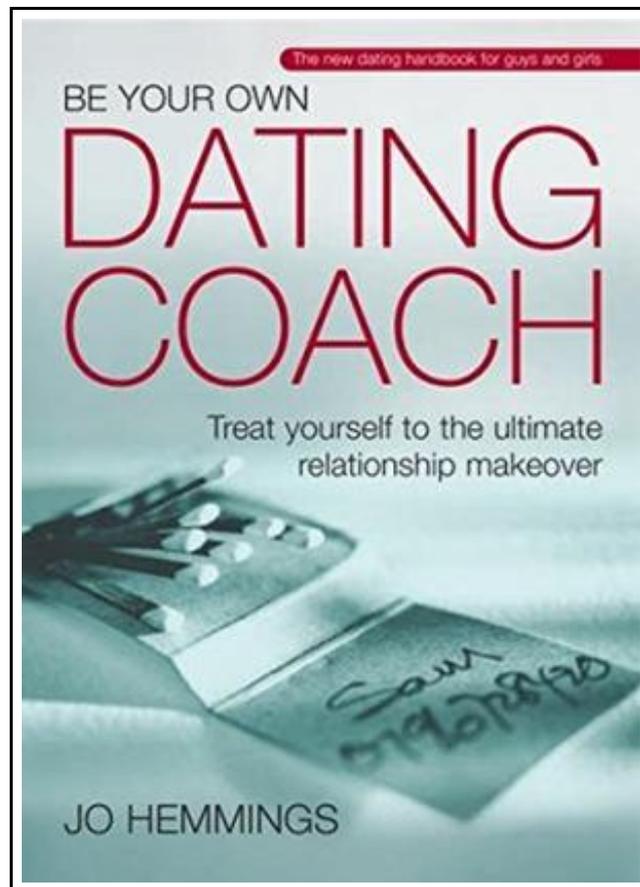


Be Your Own Dating Coach: Treat Yourself to the Ultimate Relationship Makeover



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BE YOUR OWN DATING COACH: TREAT YOURSELF TO THE ULTIMATE RELATIONSHIP MAKEOVER



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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, **Be Your Own Dating Coach: Treat Yourself to the Ultimate Relationship Makeover**, Jo Hemmings, A relationship coach in a book Ever wondered why you make the same dating mistakes time after time? What seemed so promising at first simply dwindled into yet another disappointment. Or do you rarely get beyond the first or second date? Do you yearn for a long-term relationship but find yourself drifting from relationship to relationship? Or do you feel trapped when you really just want to have fun? Taking a step back from your busy life while taking a good yet honest and dispassionate look at yourself is never easy. **Be Your Own Dating Coach** is an upbeat, positive and humorous look at understanding yourself better, increasing your self-esteem, having more fun and getting the relationships you want and deserve. In short, it will show you how to coach yourself to a better love life. Written in two halves, one for men and one for women.

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