



Daily Meditations for Women Who Love Too Much

By Robin Norwood

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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.” With multiple millions in sales throughout the world, her *Women Who Love Too Much* remains an invaluable and eagerly sought source of help to women (and men) everywhere.

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.

Whether you breeze through this charming book in one sitting or savor each meditation and illustration a day at a time, the pages of *Daily Meditations for Women Who Love Too Much* offer fresh inspiration and insights with every reading.

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Editorial Review

Review

"A life-changing book for women." Erica Jong

From the Back Cover

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About the Author

Robin Norwood is a licensed marriage, family and child therapist in private practice. She specialises in treating unhealthy patterns of relating in love relationships, as well as addiction, co-addiction, compulsive eating, and depression, as well as being the author of bestselling self-help books. She lives with her husband in Santa Barbara, California.

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