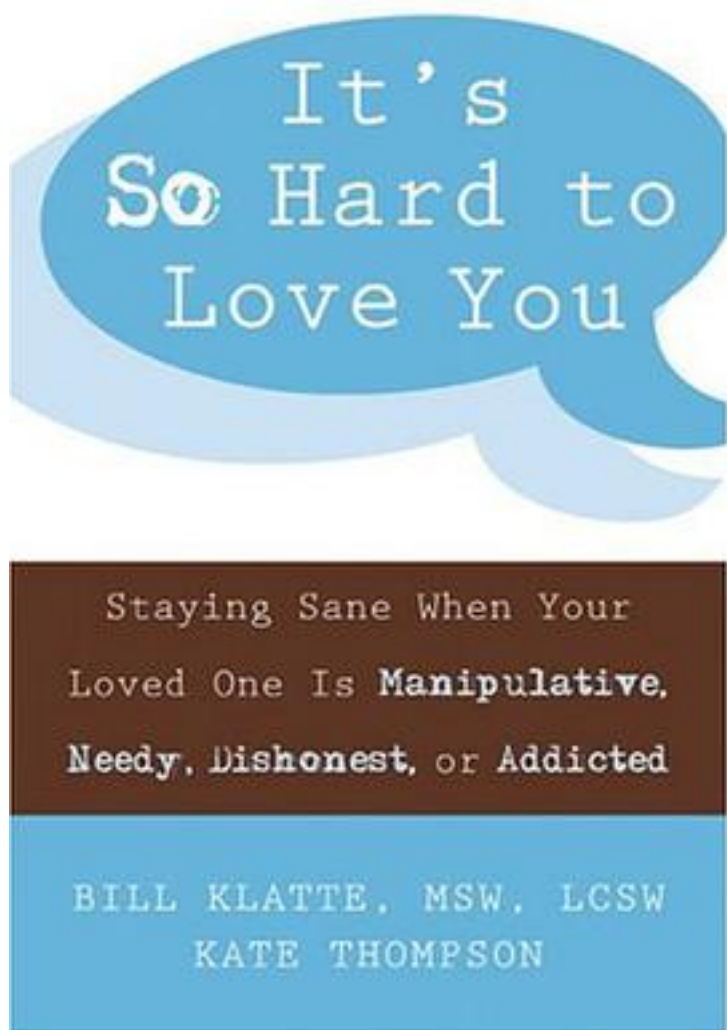


It's So Hard to Love You



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Most of us have at one time or another had someone in our life that we cared about, but who was in some way difficult to deal with: a partner with an addiction or personality disorder, a friend who is stuck in her life and can't seem to move on, a son or daughter who we feel is making the wrong choices in life, or a family member who seems to gain comfort out of constantly dragging us into their personal drama. Most of the time, we don't want to kick our loved one out of our life altogether, but we have a hard time finding the middle road in our relationship with them. Just because a loved one has a problem doesn't mean we don't still love them. This book offers a programme for anyone who feels is anguished by loving a difficult person but wants to maintain a sane relationship with him or her. Readers will become aware of the negative effects the loved one's behavior is having on their lives and learn to accept that their loved one will probably not change. The book helps them shift their focus from changing the difficult person to changing their reaction to them. Once readers learn to relate to the difficult loved one on their own terms, the book helps them find ways to deal with possible negative reactions that might arise from the new dynamic of the relationship.

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