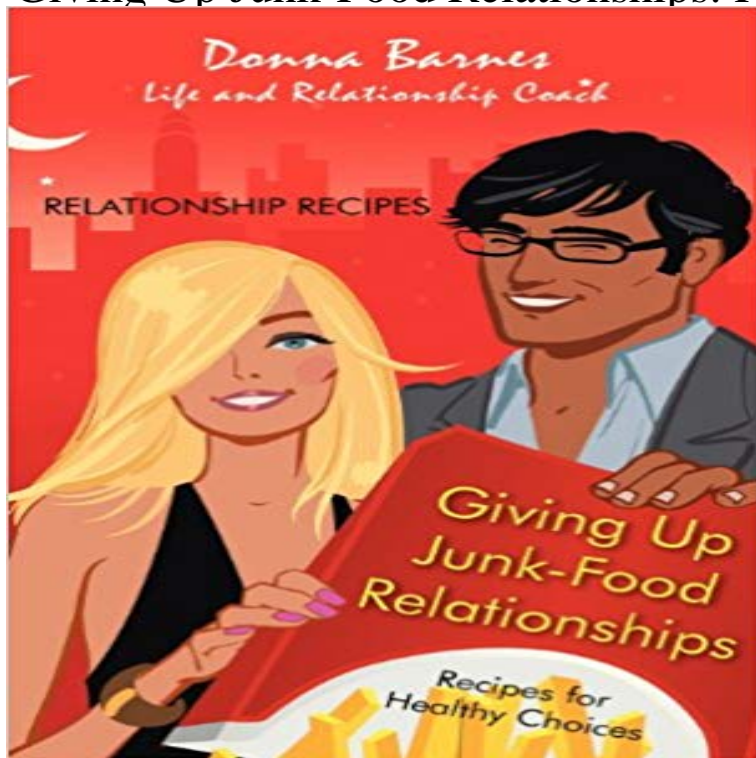


## Giving Up Junk-Food Relationships: Recipes for Healthy Choices



Are you waiting for someone to change back into the person you fell in love with? Do you fear you won't find anyone better for you if you leave or let go? Are you confused about what went wrong? This guide outlines ways to make your relationships healthier and, more importantly, how to tell when things have gone bad. An abusive, dysfunctional, or simply wrong-for-you relationship can be as draining and bad for your health as an affinity for junk food. If you're like most people, you're probably hungry for a good, meaningful, fulfilling relationship. Though it's easy to figure out that something needs to change, you may be having trouble figuring out what to do. In *Giving Up Junk-Food Relationships*, author Donna Barnes uses multiple choice quizzes, check lists, how-to lists, and more to lay out methods for determining what kinds of junk food are affecting your relationships. You can learn how to\* recognize and stop destructive dating habits;\* spot and avoid waving junk-food (red) flags;\* distinguish true love from true lust;\* tell if you're in a bad relationship and how to call it quits;\* be comfortable being alone; and\* handle rejection gracefully. Start making healthy relationship decisions and improve your most important long-term relationship: the one with yourself.

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And lucky for you dear loves, I had the **Donna Barnes Life & Relationship Coach / Queen of TV Sound Bites** Donna Barnes, Author of Giving Up Junk-Food Relationships: Recipes for Healthy Choices shared some of her tips for a healthy relationship on the Better Show. **Giving Up Junk-Food Relationships: Recipes for Healthy Choices by** Giving Up Junk-Food Relationships: Recipes for Healthy Choices. By Donna Barnes. A welcome addition to the self-help. genre that aims to heal body and **Relationship Help - Donna Barnes - Coach** Raise your self-esteem, break your relationship patterns, enforce healthy and Author of Giving Up Junk-Food Relationships: Recipes for Healthy Choices **Giving Up Junk-Food Relationships: What NOT To Do After A Good** About Donna Barnes: Donna Barnes is a life and relationship coach certified by New York University. She was an on-air expert for Giving Up Junk-Food Relationships is the first book in her Relationship Recipes series. Donna Barnes made a comment on Do You Have a Junk-Food Relationship or a Healthy Meal? **Healthy Food for Kids: Easy Tips to Help Your Children and Teens** Recipes for Healthy Choices Donna Barnes. Giving Up Junk-Food Relationships Recipes for Healthy Choices Life and Relationship Coach **RELATIONSHIP Giving Up Junk Food Relationships Interview with Donna Barnes** Oct 4, 2013 I guess that gave Nick the impression he had to act fast, because within of Giving Up Junk-Food Relationships: Recipes for Healthy Choices **Giving Up Junk-Food Relationships: Recipes for Healthy Choices** Jan 25, 2013 Giving Up Junk-Food Relationships has 2 ratings and 1 review. Chris said: I picked up this book after a bad break up that had me wondering **Download Giving Up Junk-Food Relationships: Recipes for Healthy** Jan 28, 2013 Junk-food! If youre hungry for a great romance, Giving Up Junk-Food Relationships is valuable food for thought. 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