

Childhood wounds-whether from parents, siblings, teachers, or any other source-often leave us vulnerable to developing a sensitive heart. When left unhealed, these wounds wreak havoc in our adult lives, especially in our intimate relationships. People with sensitive hearts grow to doubt themselves, and actually wonder whether they deserve a healthy, balanced, relationship. In time, they begin to attract dead-end relationships. With each unsuccessful romance, the sensitive-hearted person moves farther and farther away from a positive, loving, long-term partnership. Psychologist Dr. Debra Mandel, who has worked extensively with sensitive-hearted individuals, now offers a unique eleven-step program to guide you out of the emotional debris of the past, and help you establish happy, healthy, and successful relationships moving forward. This system works, as confirmed by hundreds of Dr. Mandel's satisfied clients. Helpful quizzes, true examples of sensitive-hearted individuals who have turned their lives around, and cutting-edge information combine to make this a must-have relationship builder. There is no need for you-or anyone you know-to stay trapped in unhappy patterns. Healing the Sensitive Heart paves the way to a lifelong love that won't disappear, dissolve, or disappoint-ever again!

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