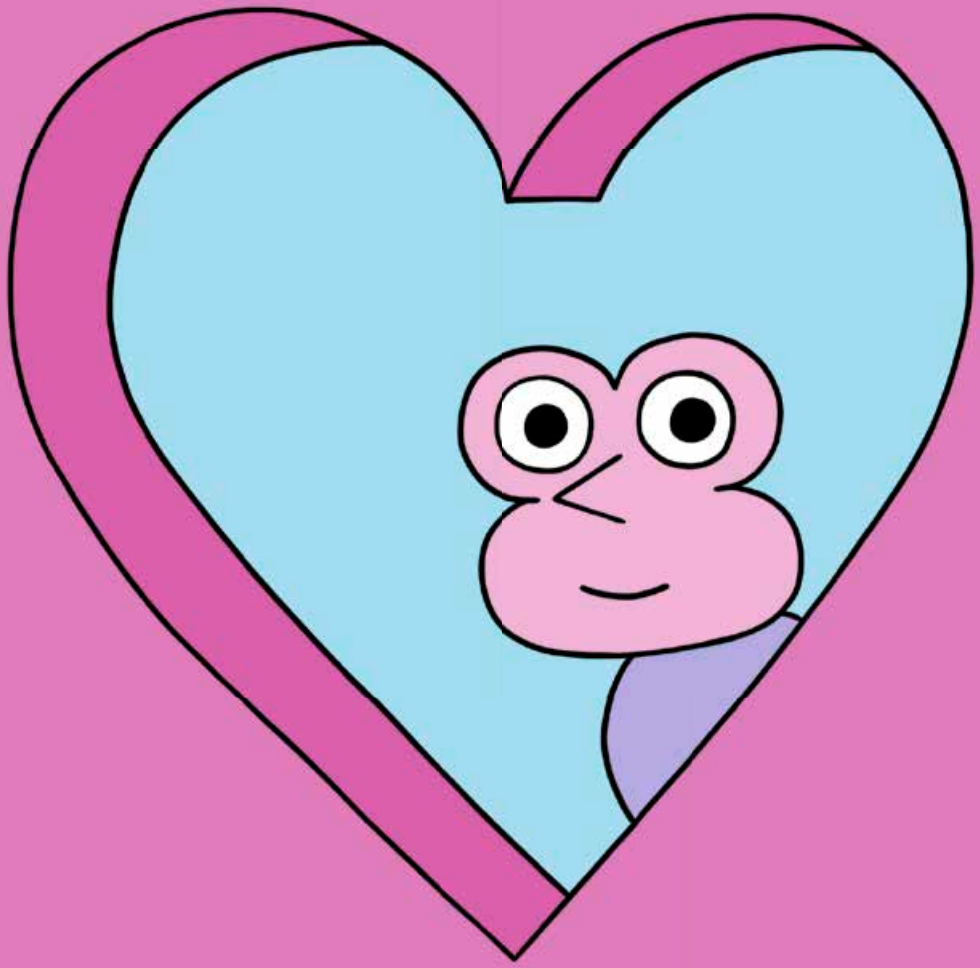
HOW TO LOVE

A GUIDE TO FEELINGS & RELATIONSHIPS FOR EVERYONE



alex norris

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For everyone I've ever had a crush on.

Especially those who had a crush on me too.

Especially especially Ruby, my biggest crush.



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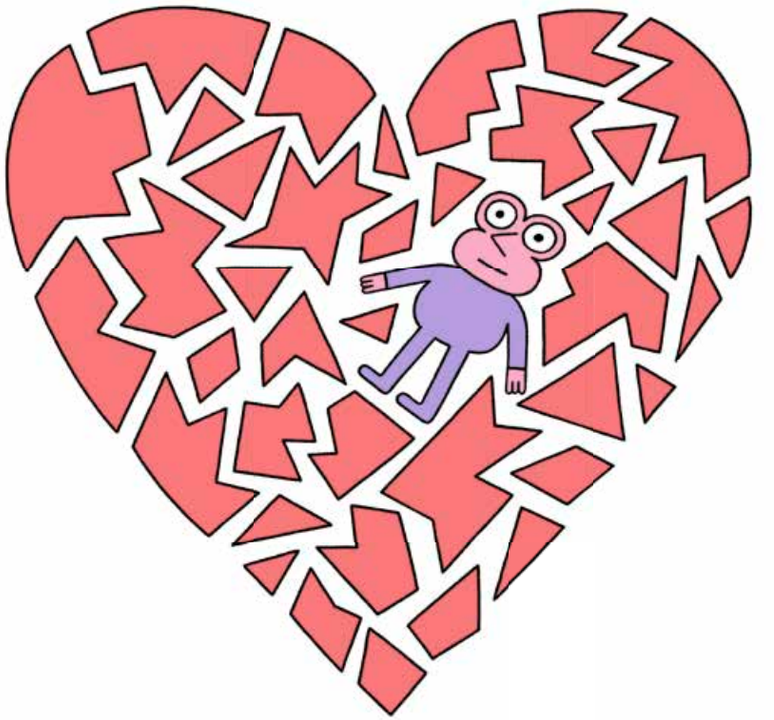
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HOW TO LOVE

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alex norris



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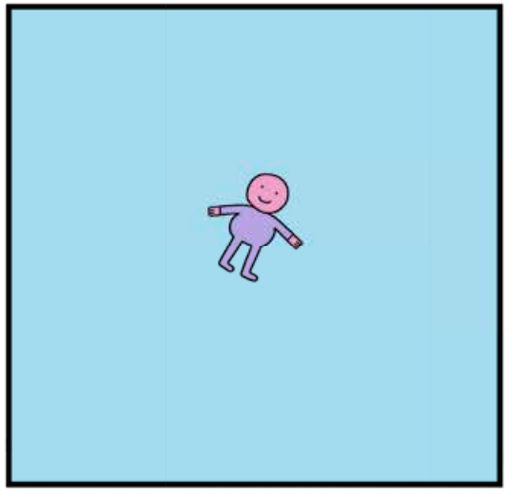
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INTRODUCTION

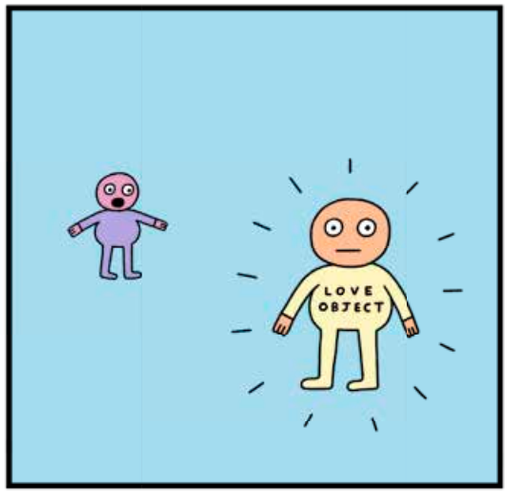


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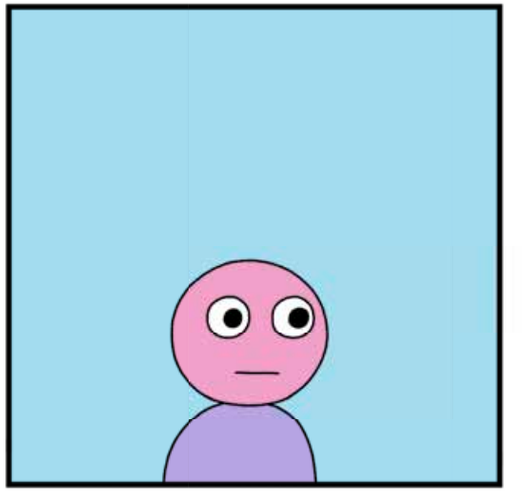
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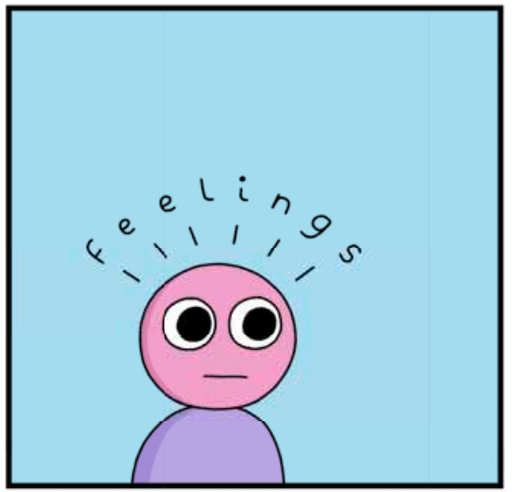
Here you are, floating blissfully through the void of lovelessness.



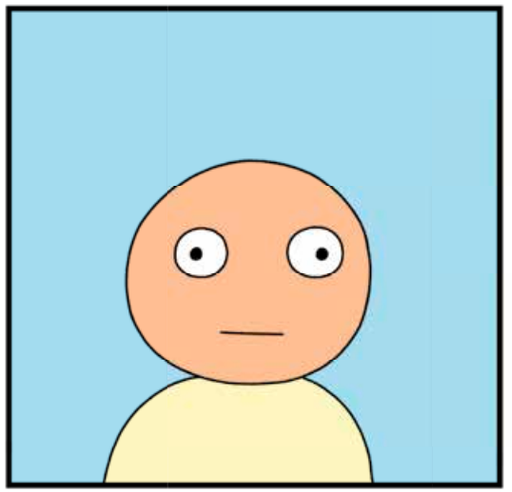
Then you see someone



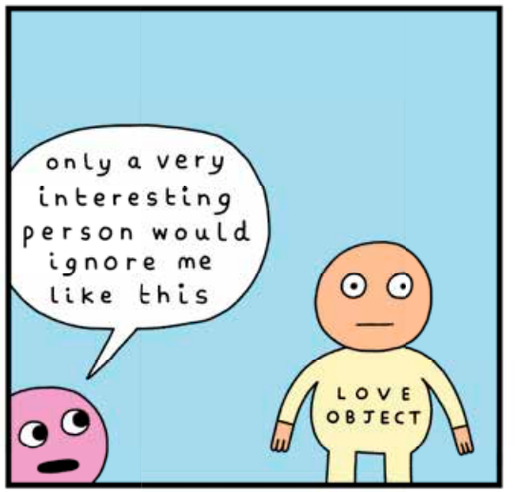
Suddenly:



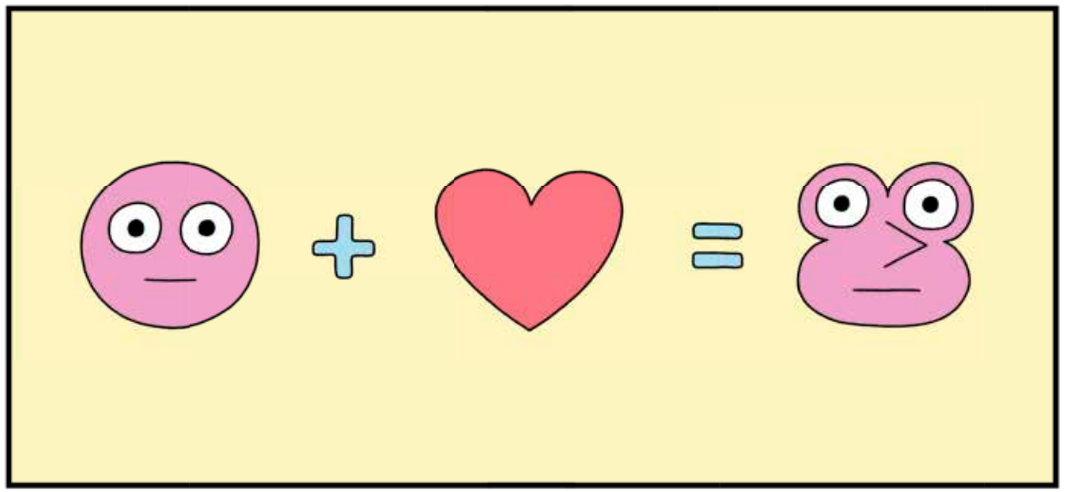
feelings.



someone beautiful and fascinating



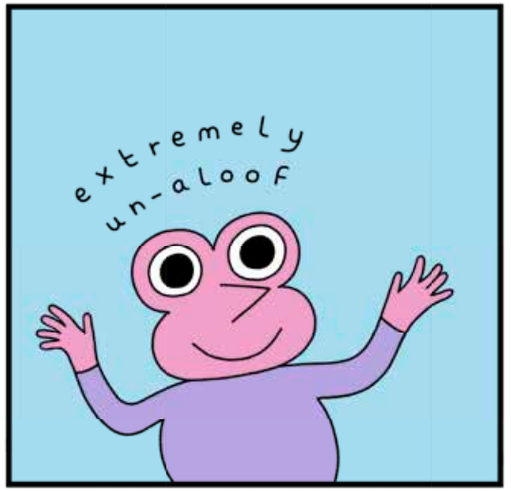
and compellingly aloof.



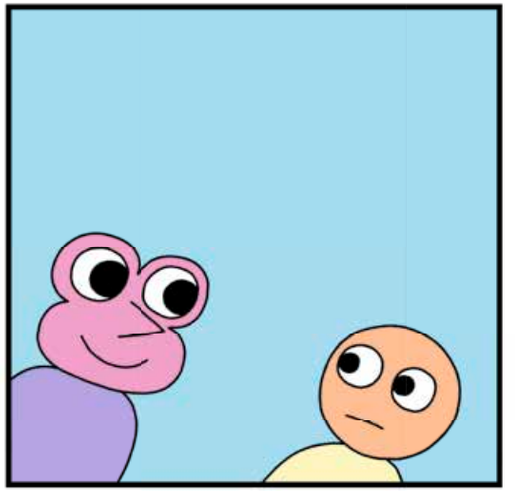
These feelings of love fill your head

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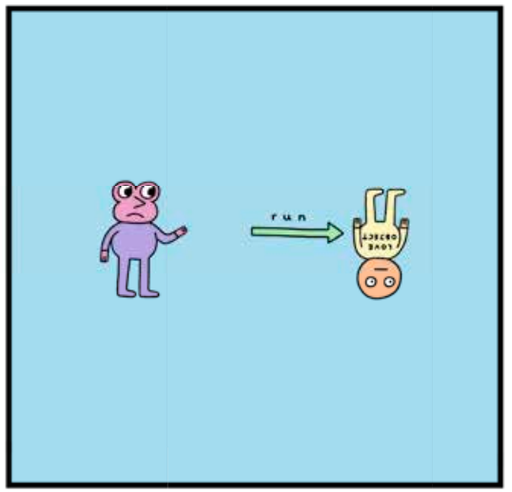
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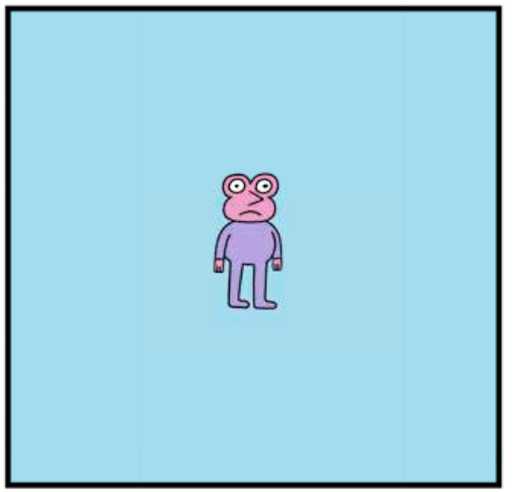
and transform you



into something intense
and desperate.

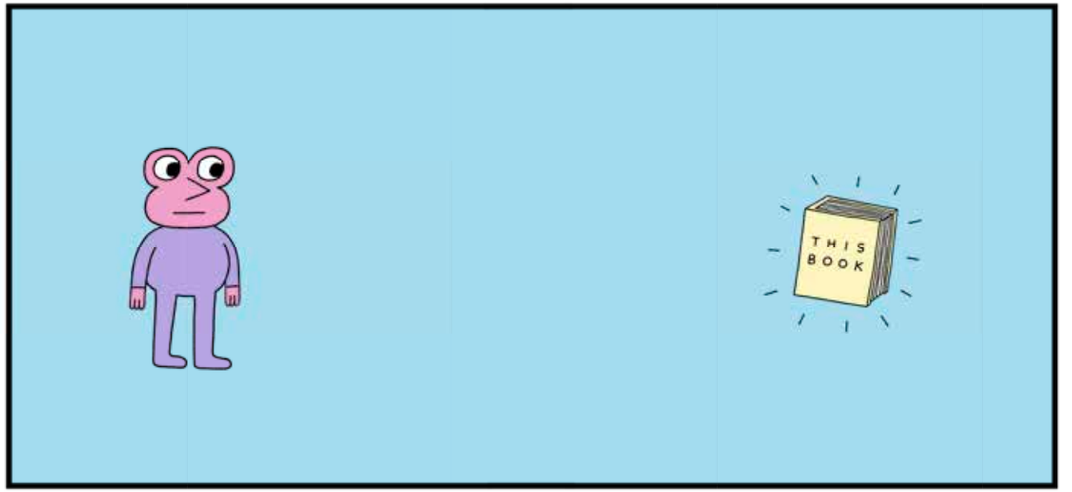


Your Beloved
runs away

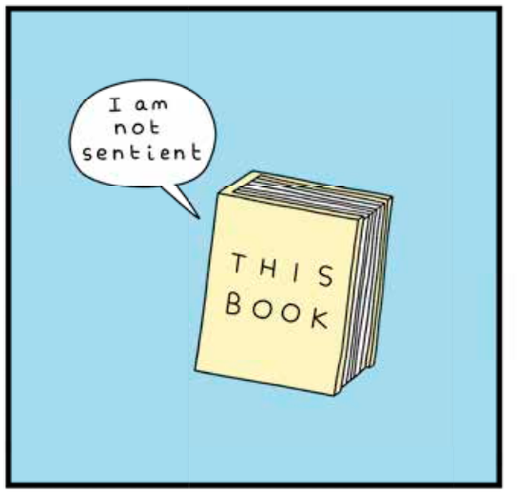


and the void
feels very empty.

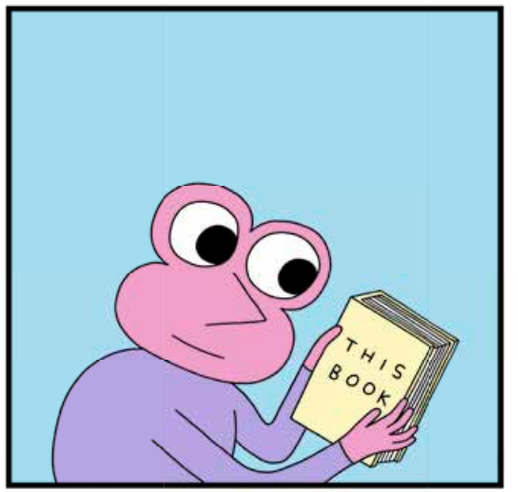
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You search for help, and find a handy guide.

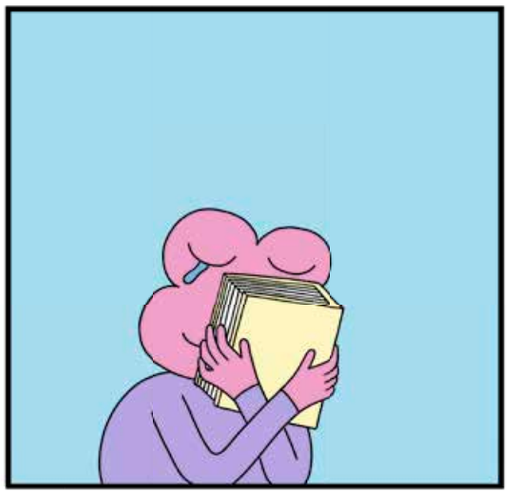


It does not
run away.



You hold it in
your hands

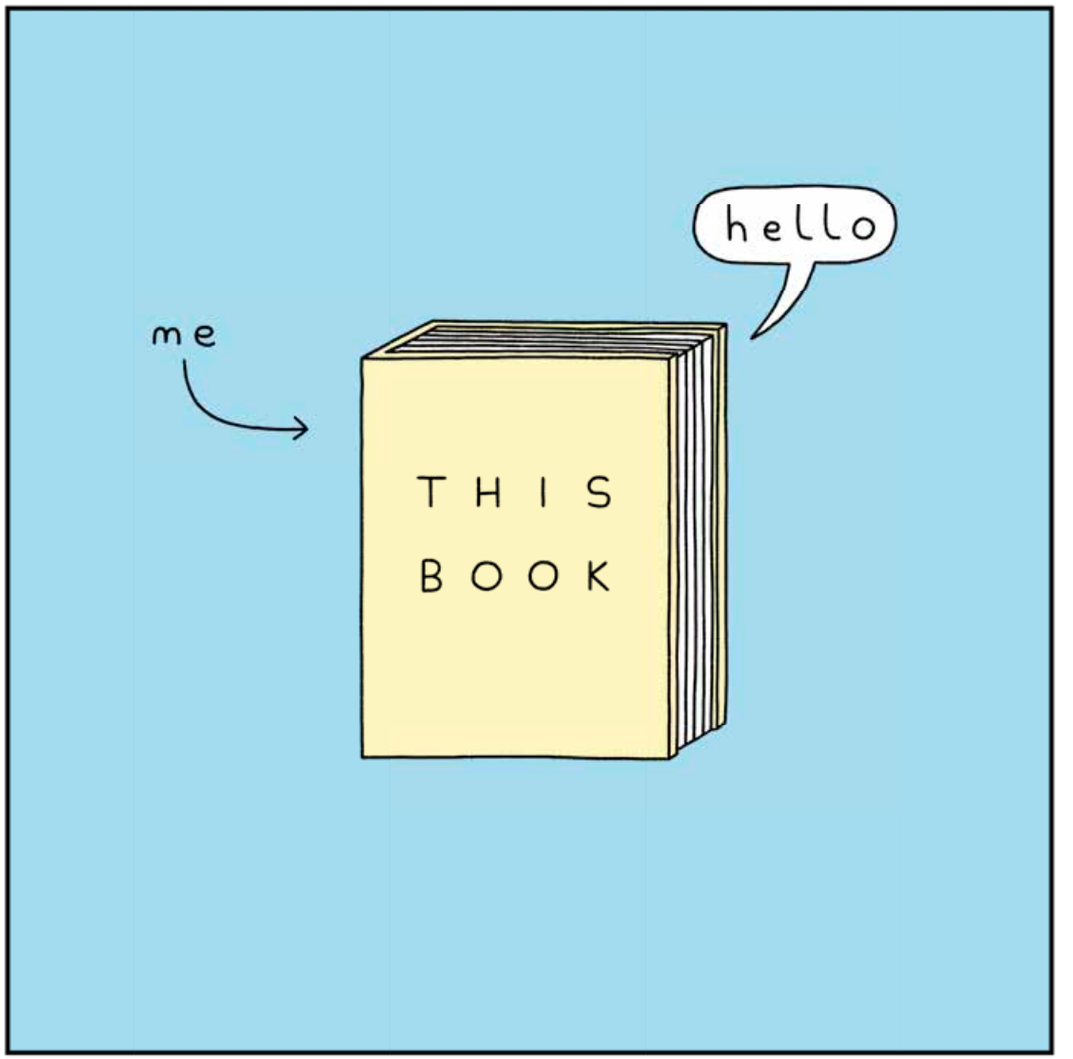
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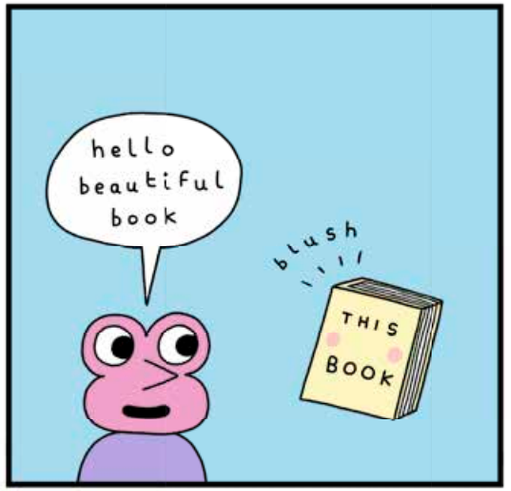
and love it forever.

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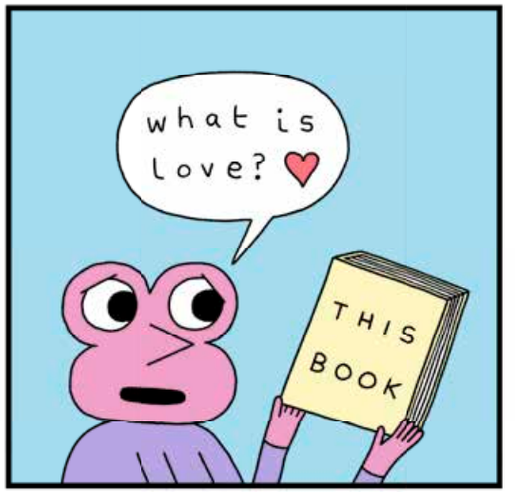
WHAT IS THIS BOOK?



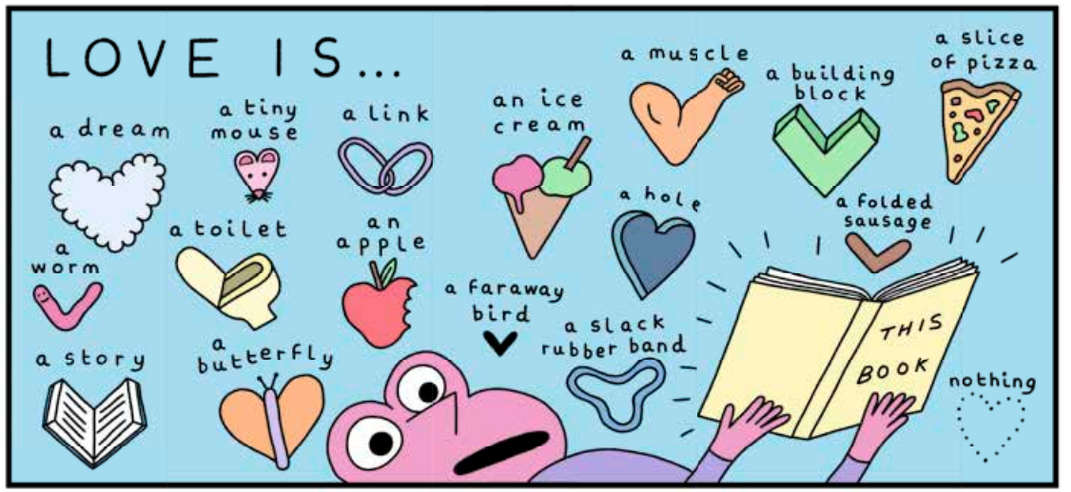
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This book might seem very normal on the surface

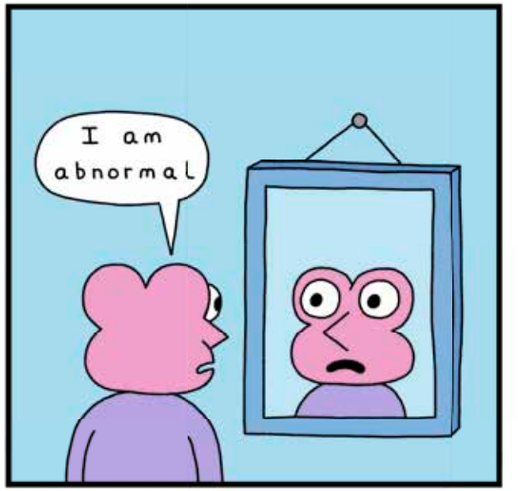


but like in any relationship

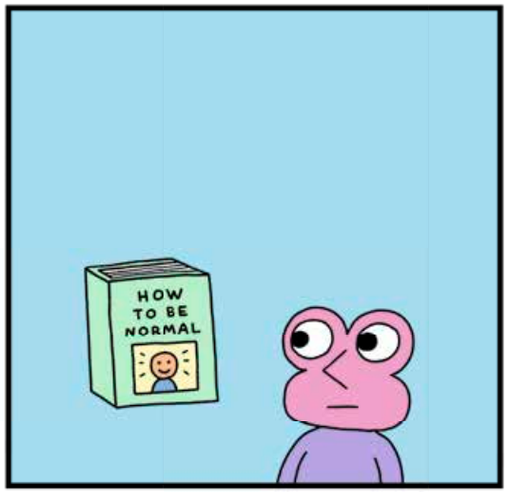


once you get to know it, you'll realize this book is actually quite weird.

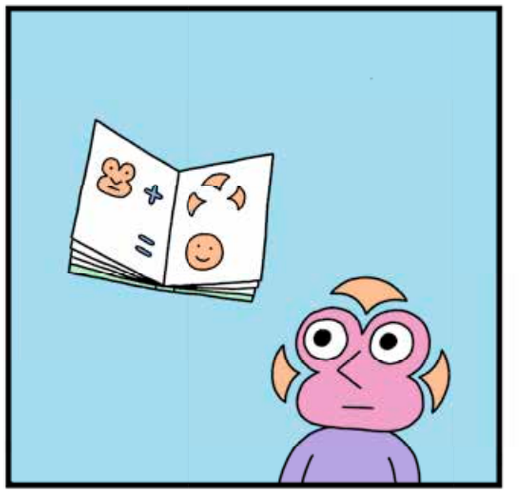
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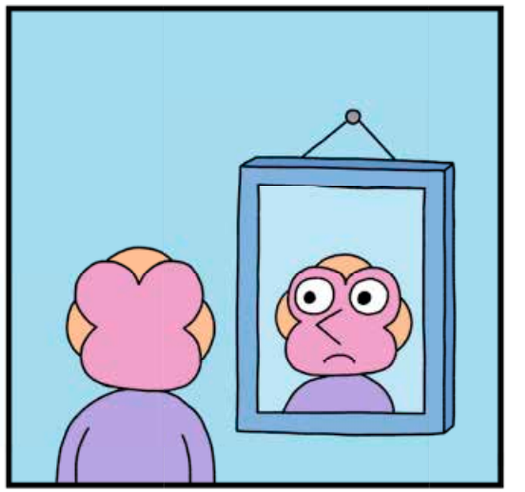
You may think you need to be "normal" to be loved.



Maybe you are looking for a book that will help you fit in



tell you the rules of love

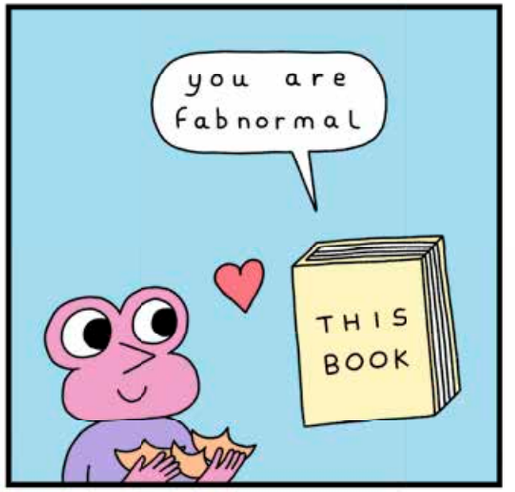


and how to follow them.

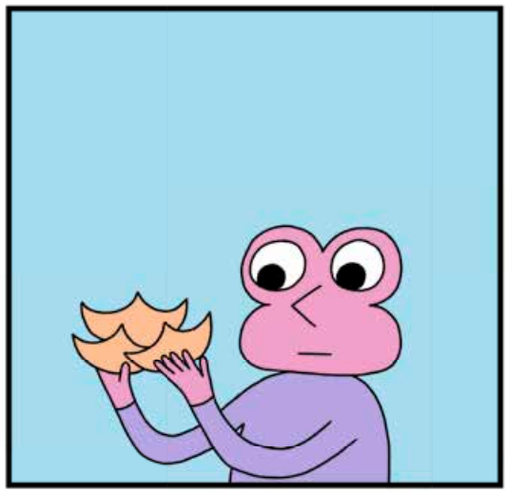
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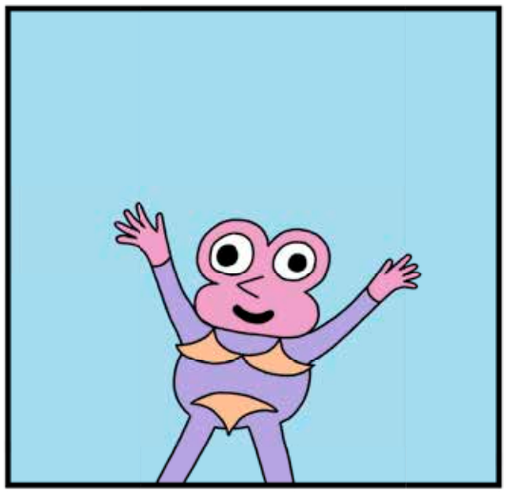
When it comes to love, we are surrounded by rules and conventions.



This book will show you how absurd these conventions can be

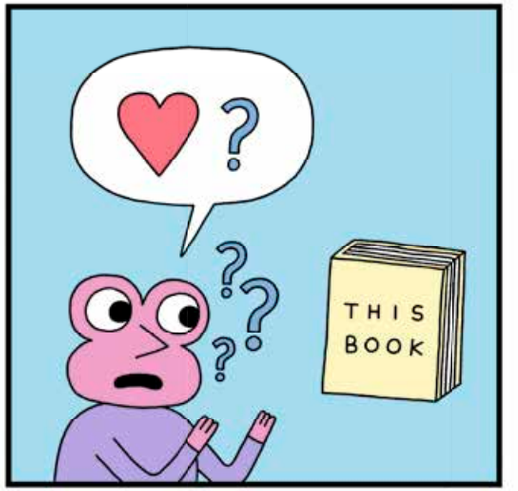


and explore other ways of doing things

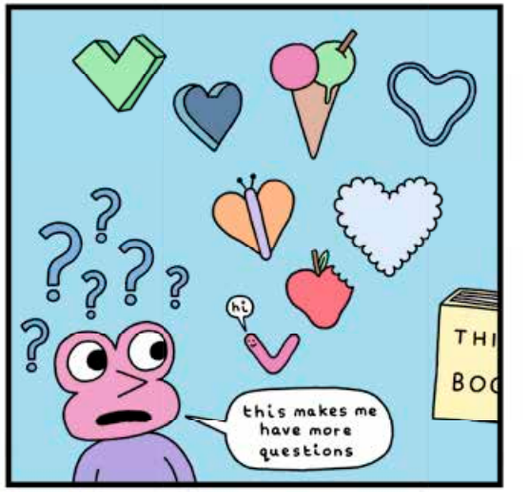


that might better suit YOU.

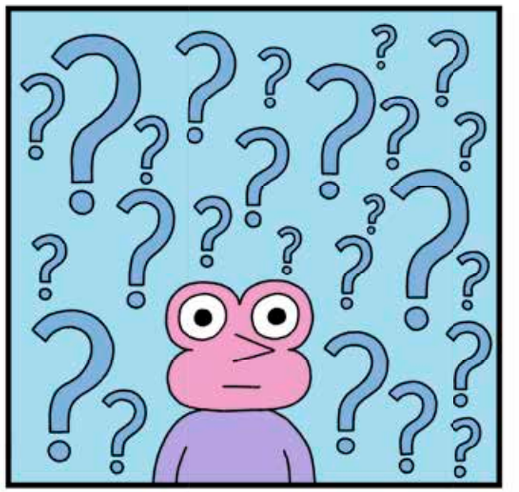
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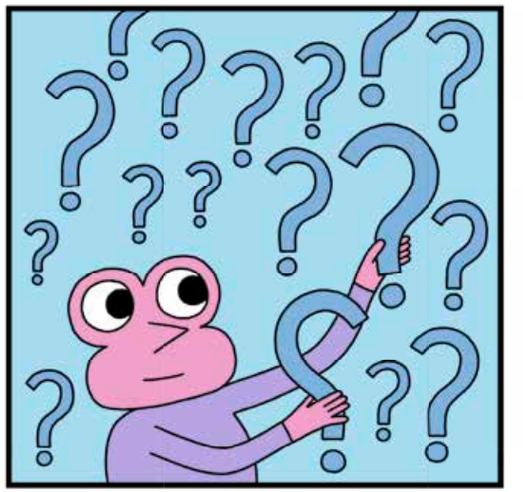
The ideas and metaphors in this book are not definitive answers



but they may help you to see love in new ways

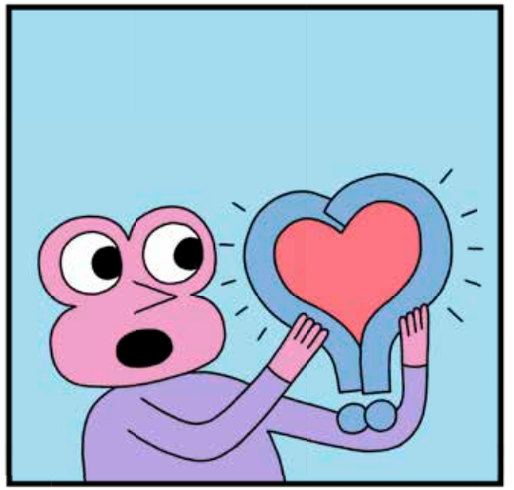


keep you questioning



and exploring

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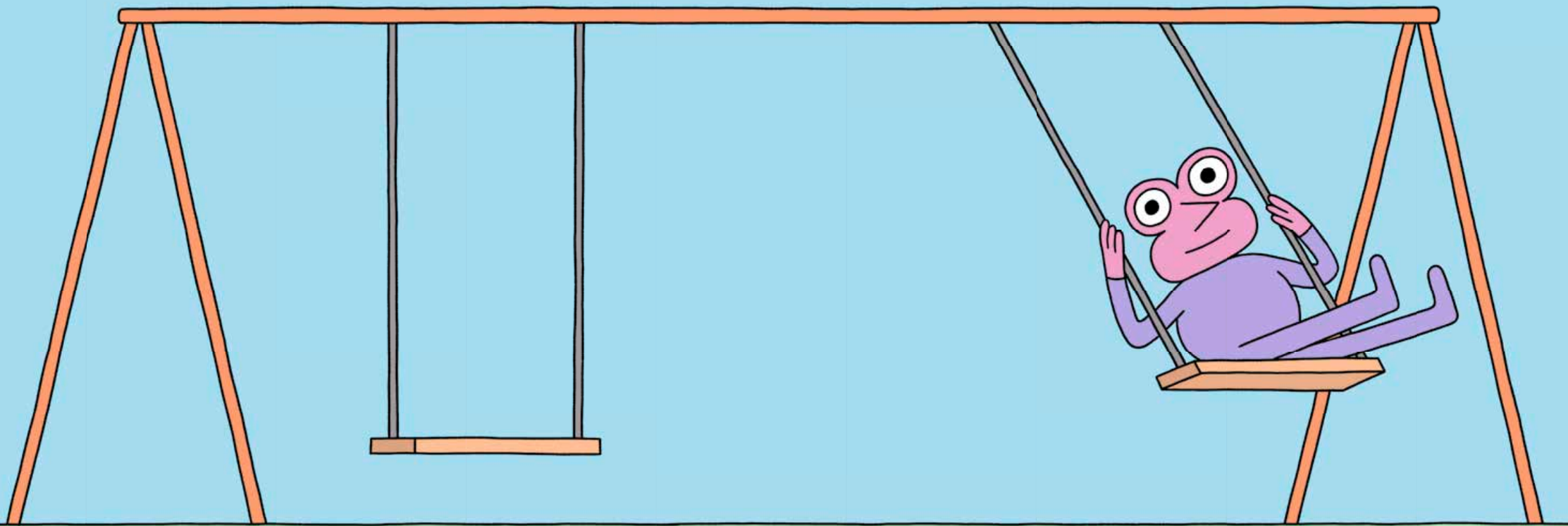
so you can be free to build
your own approach to love.



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ALL BY MYSELF

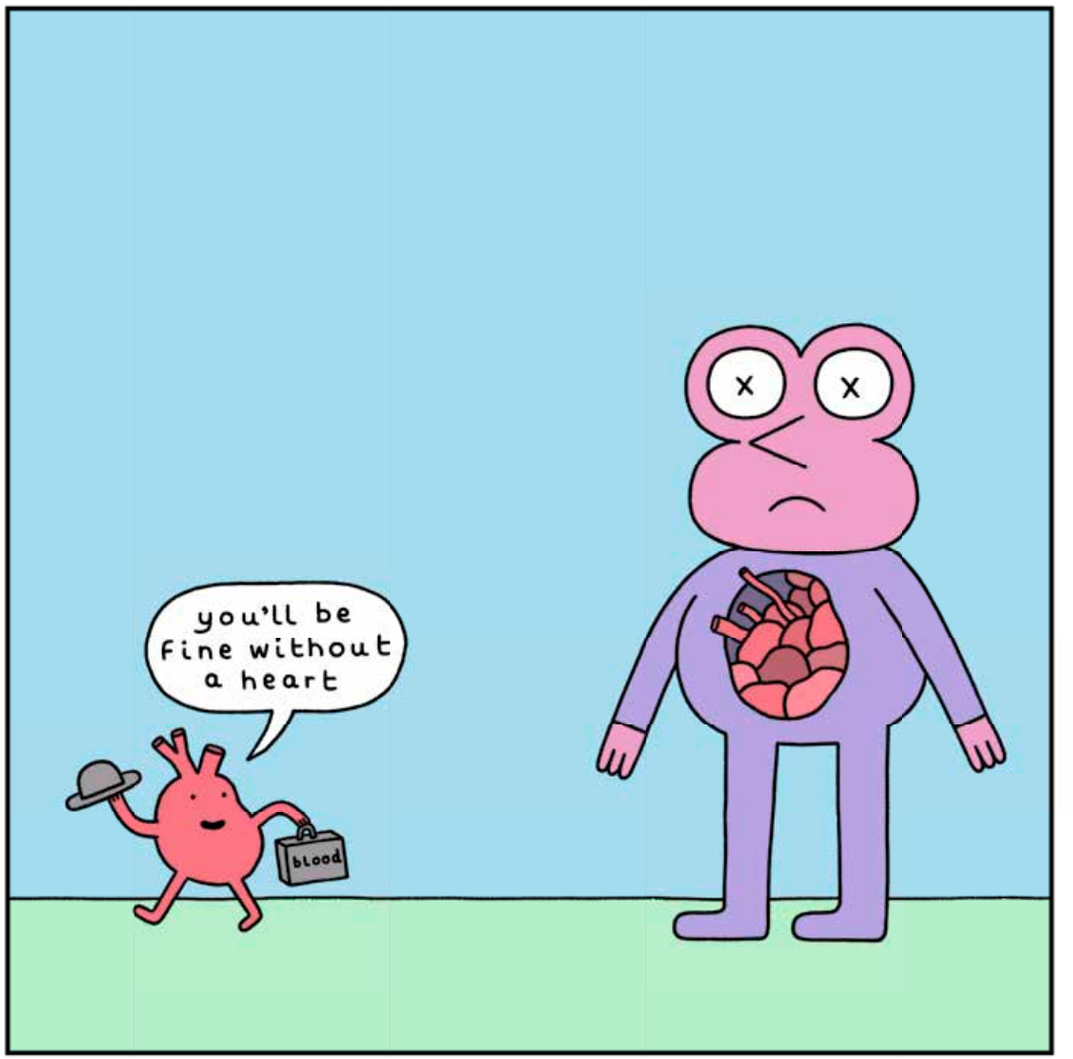


QUESTIONS ABOUT BEING SINGLE

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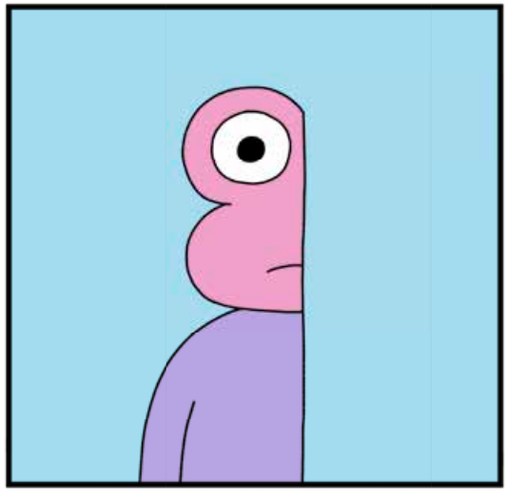
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DO I NEED LOVE?



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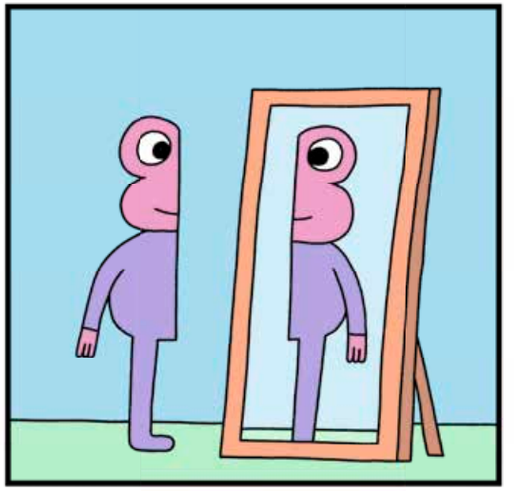
We all need love to feel truly whole



but you don't always need to find it in someone else.

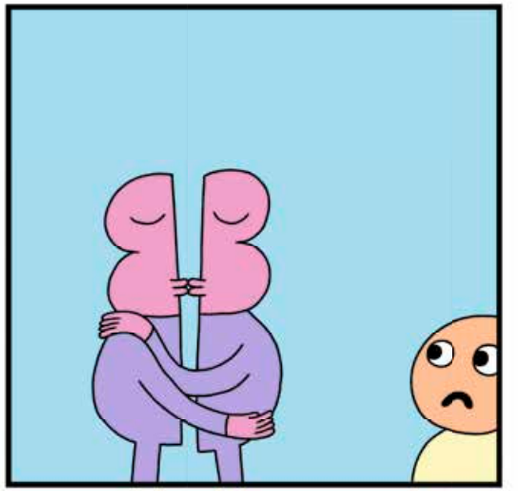


Sometimes the best place to find love



is in the mirror.

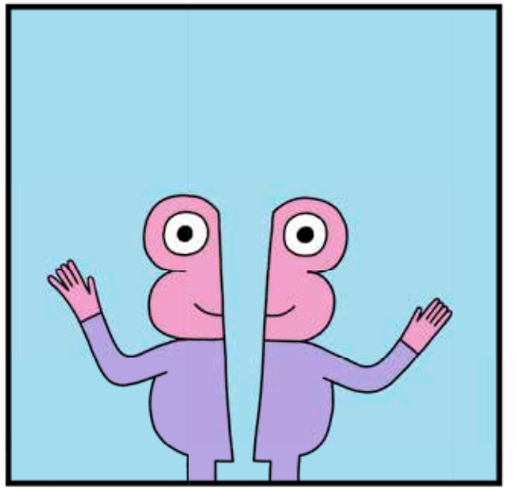
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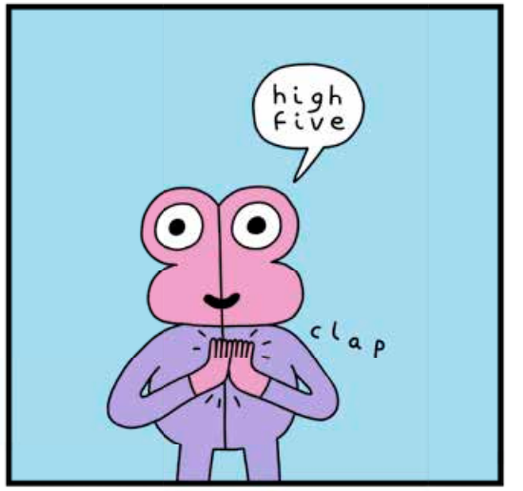
Self-love doesn't have to be narcissistic.



It doesn't have to be big and grand and unwavering.

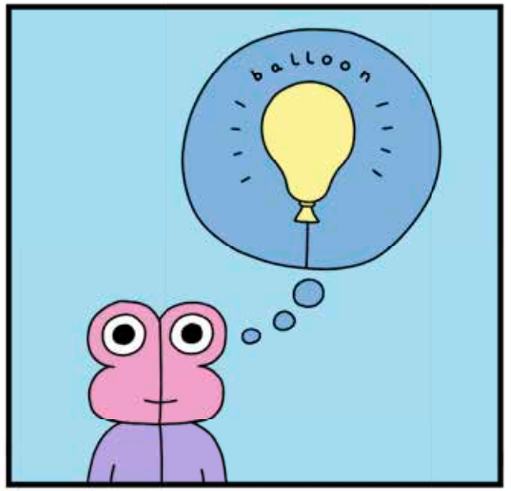


It can be as simple

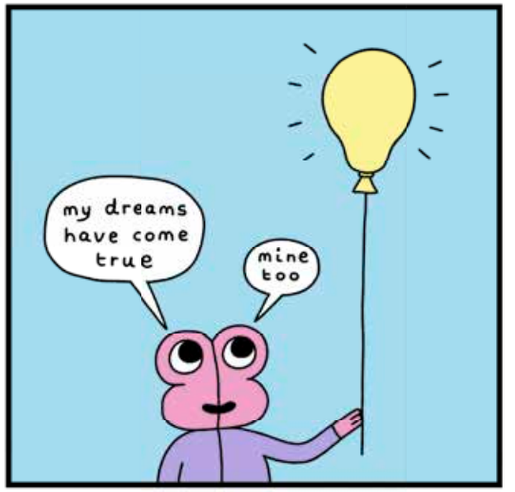


as teaming up with yourself.

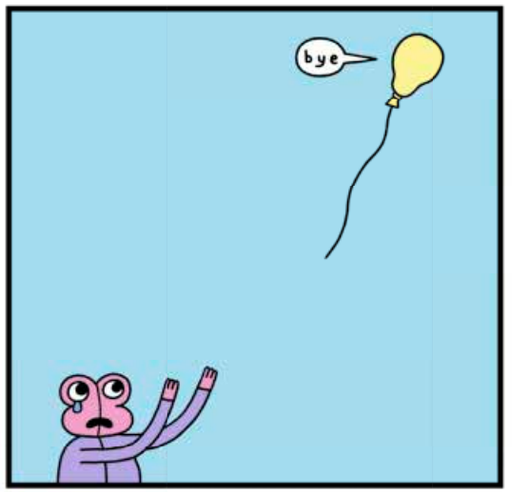
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If you want someone who has the same needs, interests and aspirations as you



someone who understands you, who you can spend a lot of time with

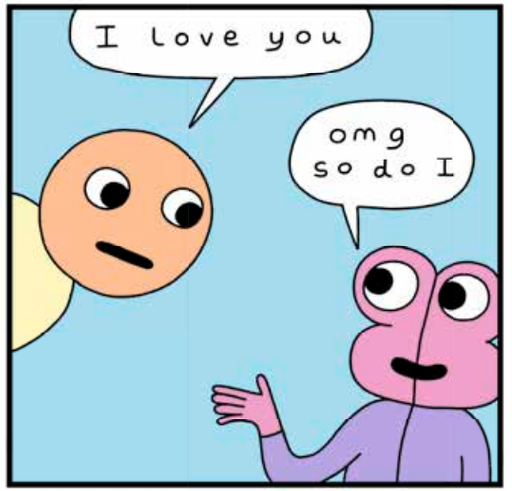


and can offer you kindness, patience and support

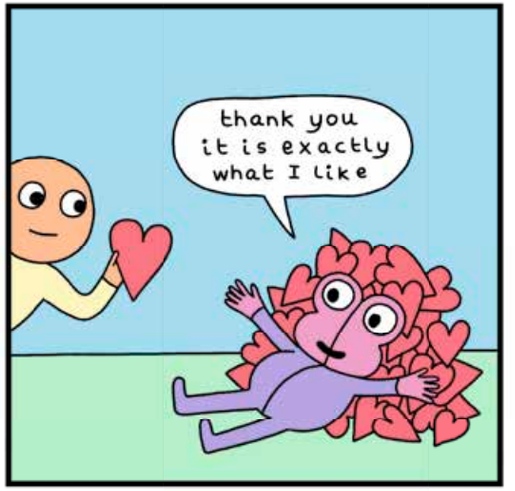


you will find yourself very lovable.

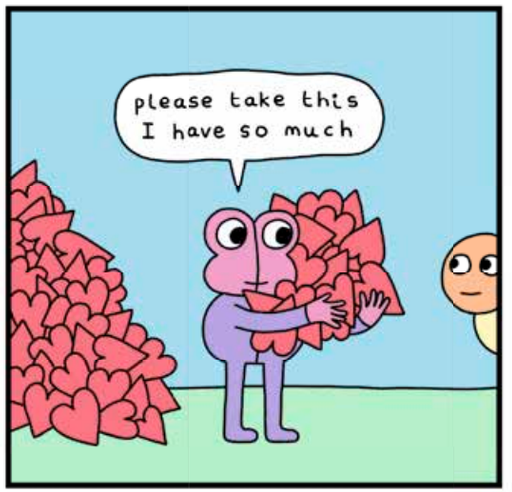
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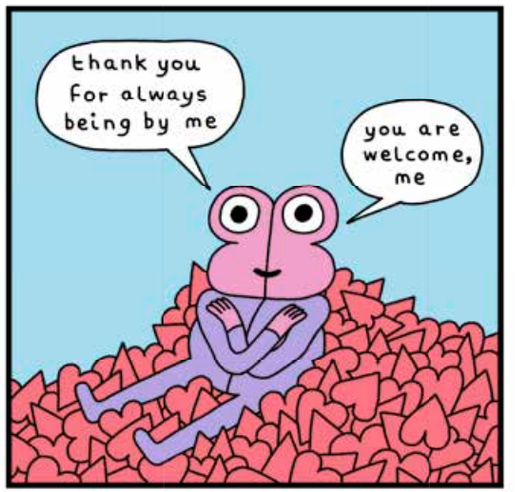
Loving yourself means you will have more in common with those who love you.



Self-love can teach you how to accept love

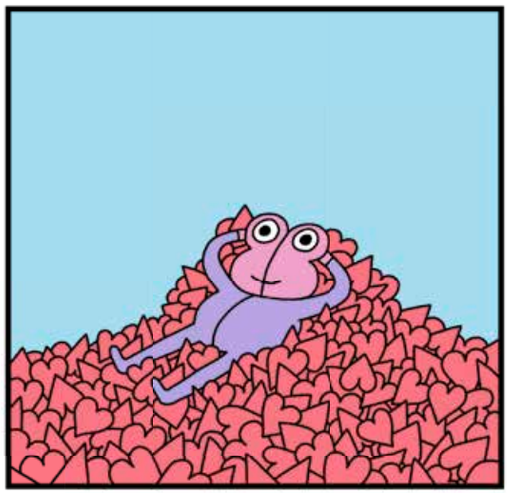


and how to give love to others.



But it is also much easier to be by yourself

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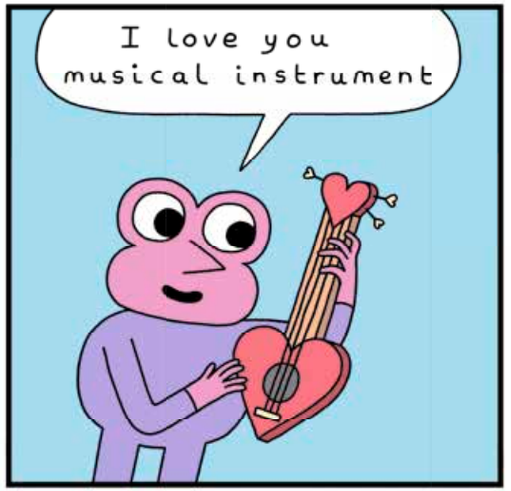
once you learn to give
yourself the love you need.

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WHAT IF I LIKE BEING SINGLE?



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You don't need to pursue traditional romance

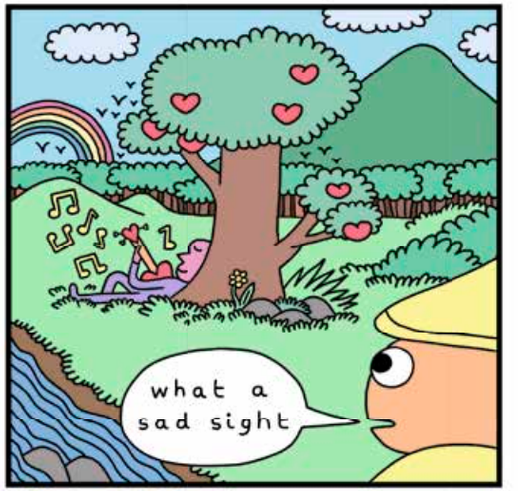


to have a wonderful life



filled with intensity, intimacy, comfort, love, joy and passion.

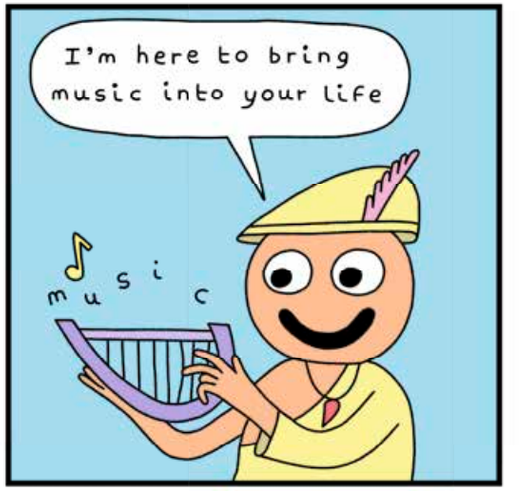
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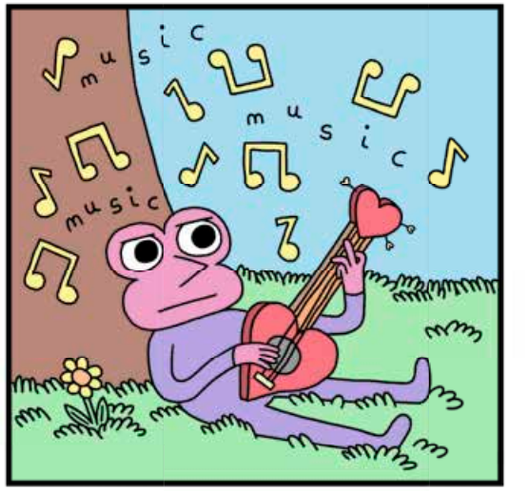
But even if you are having a perfectly lovely time being single



people may pressure you to change.

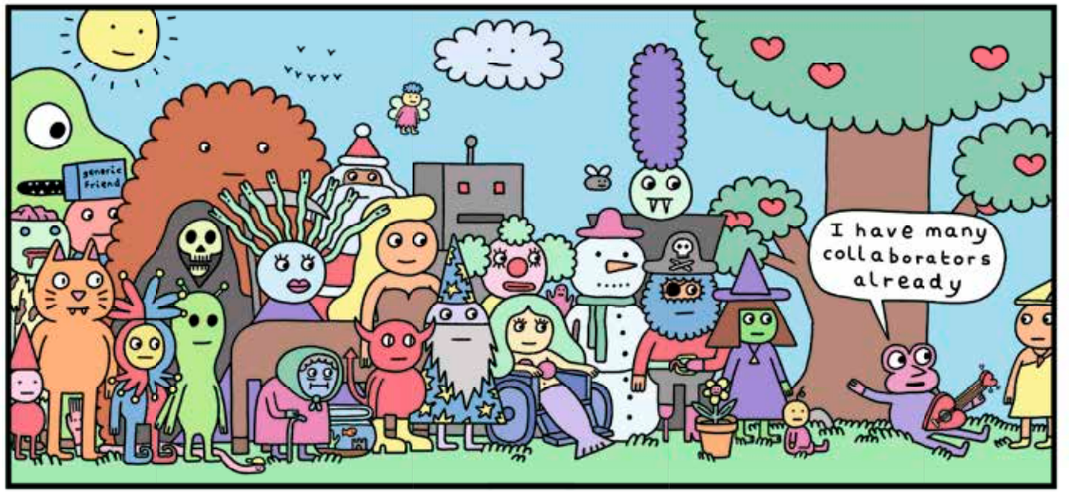


They assume you must be unhappy and lonely



without a traditional romantic relationship.

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Everyone has different types of relationships that are important to them:



friends, family, companions, pets



colleagues, carers, teammates, allies

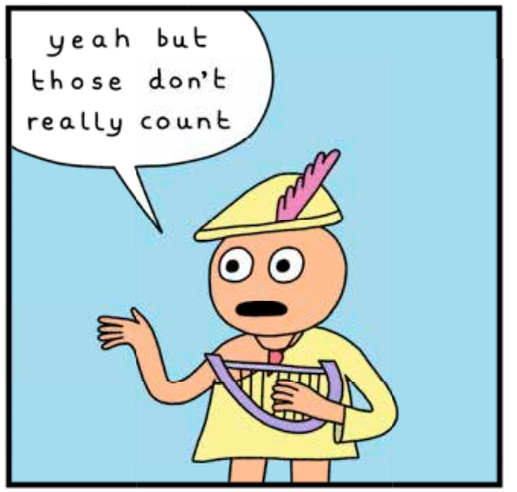
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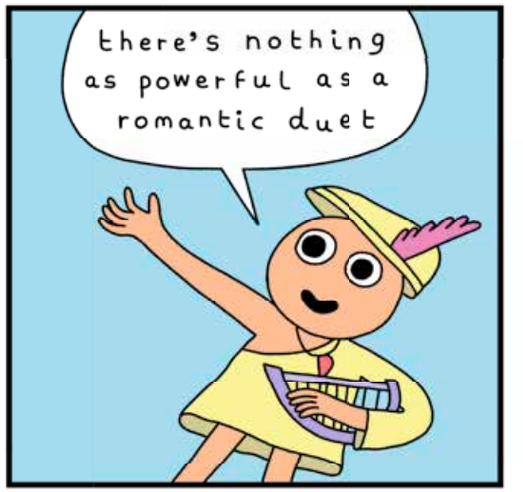
heroes, mentors, neighbours, acquaintances, rivals.



The truth is you are not "single" at all.



Traditional romance may fit into your life



but it also might not.

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How you arrange
things is up to you.

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