



## Dare To Connect: How to create confidence, trust and loving relationships

*By Susan Jeffers*

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### **Dare To Connect: How to create confidence, trust and loving relationships**

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We all want to be loved by our partners and to have good relationships with friends and colleagues, but we don't always know how to make that special sense of connection happen. Susan gives us the insights and tools we need to create a sense of belonging everywhere we go. This book is for everyone who has ever asked: Why do I feel so nervous when I walk into a room full of strangers? Why do I feel lonely, even though I'm surrounded by people? Why do I feel so alienated from my husband/wife/lover? Why is it so hard to approach the person I am most interested in meeting? With wisdom and humor, Susan Jeffers shows you how to enjoy the wonderful relationships you deserve.

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### Editorial Review

#### Review

"A book that we all can benefit from." —Louise L. Hay, author, *The Power is Within You*

"Susan Jeffers writes with both love and no-nonsense common sense—a rare combination. She speaks directly and points the way to magical relationships." —Wayne Dyer, author, *Your Erroneous Zones*

"A must-read book for any committed adventurer of the heart . . . provides clear, specific strategies to have the love and life you always dreamed of having." —Harold H. Bloomfield, M.D., author, *How to Heal Depression*

#### From the Inside Flap

"A must-read book for any committed adventurer of the heart. Dr. Jeffers provides clear, specific strategies to have the love and life you always dreamed of having. And much more."

HAROLD H. BLOOMFIELD, M.D.

Author of HOW TO MAKE PEACE WITH YOUR PARENTS

We've all felt it. Unsure. Alone. Anxious. Unworthy. When it comes to reaching out to others, we've all heard the little voice inside our heads telling us to stop. Why face rejection? In this empowering book, bestselling author Dr. Susan Jeffers reveals to us the heart and soul of connection. Her insights and tools pave the way for ending isolation and loneliness and creating a sense of belonging anywhere we go. We learn that this is a world where there are no strangers and we never need to feel alone.

#### About the Author

**Susan Jeffers** is a psychotherapist, public speaker, and workshop and seminar leader. Her books include *Embracing Uncertainty*, *Feel the Fear and Beyond*, *Feel the Fear and Do It Anyway*, *Life is Huge!*, and *The Little Book of Confidence*. She lives in Los Angeles.

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#### Dennis Byrd:

Hey guys, do you wish to find a new book you just read? Maybe the book with the concept Dare To Connect: How to create confidence, trust and loving relationships suitable to you? The actual book was written by well-known writer in this era. The particular book entitled Dare To Connect: How to create confidence, trust and loving relationships is a single of several books that everyone reads now. This specific book was inspired many men and women in the world. When you read this e-book you will enter the new shape that you ever know previous to. The author explained their idea in the simple way, and so all of people can easily comprehend the core of this publication. This book will give you a wide range of information about this world now. So that you can see the represented of the world on this book.

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