

How To Stop Waiting For A Jerk To Love You Back

How To Stop Waiting **For A Jerk To Love You Back**

So You Can Reclaim Your Self-Respect
And Have A Great Relationship Next Time



Dr Annie Kazzina

How to Stop Waiting for a Jerk To Love You Back

The Complete Practical, Step-by-step Guide
to Reclaiming Your Self-Respect and Having
A Great Relationship Next Time

**Written by international women's
Bad relationship recovery coach**

Annie Kaszina

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About the author



Annie Kaszina has spent the last 10 years helping nice women who love too much, who are tired of settling for bad relationships to

give up their Jerk Affliction so they can live from their strengths (rather than their weaknesses), experience the happiness they deserve, and have a wonderful relationship with a quality man.

To receive free resources and updates and stay in contact with Annie, go to

www.recoverfromemotionalabuse.com , or

you can contact Annie at:

annie@anniekaszina.com

What the reviewers said

"How To Stop Waiting For A Jerk To Love You Back," is a "must" read if you are in a loveless relationship or you want to avoid being in one! It offers a fresh perspective on managing relationships not only with others but with yourself in a practical, easy to read format. Its wisdom comes from personal experience making it all the more relevant and powerful."

Gina Gardiner

"This book is really good!!! I wish I could have read it few years ago when I was in exactly that position...that would definitely have helped me a lot and I will recommend it to every single women who is with a JERK (I have few in my mind already!!!). Actually, it needn't be someone who just thinks or feels she is in bad relationship... In my experience, it is very difficult to realize how bad the relationship is and how powerful women can be to change whatever they want to change... So I think every single women should read it really, to just realize how bad things really are, or else to be sure to appreciate how lovely person the person next to them is, every day.

There is one more thing, when I was reading that I started to be really proud of myself... because I did right things to get rid of JERK from my life and I did it

without help - NO! sorry... it was lovely child who took me out from that relationship. It took my baby, when she was just a few months old, to make me realize how bad my life was. At the beginning I did it for her but when I was doing it I realized how much I NEEDED it. Now I am happy.

Hopefully women who actually are in bad relationships will read the book. And then will be strong enough to move on using what they learn in this e-book, they will can get what they want from future relationships 😊

Agnieszka Pawlowska

"This little book is a simple guide to acquiring an awareness of who you truly can be, when you don't have the wrong man beside you. The problem that is holding you back is, as Annie Kaszina puts it, your fear: this is 'the chain attached to your ankle that's stopping you from gliding through life... You haven't dared to believe in yourself for all these years. And you feel quite terrified at the thought of having to change the pattern of a lifetime.."

You can - and must - change that pattern, so you can change your life. Reading this book taught me how to believe in myself. I've started keeping a "Discovery Journal", and I've realized there are a lot

fo positive things about me and my life that I'd never registered. From now on, I won't be allowing a Jerk to make me feel like I'm worthless."

Carolina Fittipaldi

"If you want to climb Everest - you hire a Sherpa. If you want to make your way out of a bad relationship - you hire Annie. She's got the first-hand experience to navigate around the glaciers of abuse, the strength to pull you up when you have none left, and humour to get you to the other side without losing your will to live. Let others cry on their girlfriend's shoulder about their miserable relationships, if you are actually determined to make your way to the happy ever after - get Annie to give you a hand!"

Dr Sasha Mitrofanov www.becomeauthentic.com

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How To Stop Waiting For A Jerk To Love You Back So You Can Reclaim Your Self-respect and Have A Great Relationship *Next Time*

1. Who am I to tell you how to stop loving a jerk?

Let's start at the very beginning. You don't know me at all. We've never been introduced. So who am I to be telling you how to stop loving a jerk, reclaim your self-respect, and have a great relationship?

2. Why didn't I realise?

Well, I'm someone who spent rather a long time waiting for a jerk to love me back. You see, I kept on waiting because *I never realized he was a jerk*. I thought he was a nice guy who'd lost his way. Yes, he was nasty a lot of the time, but I just *knew* that inside Mr Nasty was the Nice Guy I'd fallen in love with, and with enough help - and love - from me, one day he was bound to morph back. It didn't happen, of course.