

TRAC™ TIONALIZATIONS™

How To Stop Believing
Your Own Excuses

2/6/88 &
Have
A REAL RELATIONSHIP!

(POCKET HANDBOOK)

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I Wish I Felt More Passionate, But Passion Diminishes Over Time.

This is absolutely not what happens. The true nature of passion is increase, i.e., it feeds on itself. To feel passion, you must be passion. A passionate relationship thrives in wide-open spaces; the moment either of you close, passion diminishes.

At the beginning of a relationship there is innocence; we rush towards each other unaware that the proximity may waken sleeping demons. Face to face with our stuff, we are scared and vulnerable. The unconscious has become conscious and now we get to make a choice: Do we blame the other person for our discomfort, or do we accept what is ours and deal with it?

It takes courage to feel these uncomfortable feelings. If you chose to deny them, (the reasons you give yourself do not matter) your heart will close; and the price you pay will be your passion.

So, be brave. When you want to blame, don't, and when you want to run, stay. Staying connected to what's real keeps you open and keeps the juices flowing. This is the key to a passionate relationship.

TRASH

TRASHtionalizations (How to Stop Believing Your Own Excuses and Have a Real Relationship) is like having a "therapist in your purse." Open to any page and you will be snapped back to reality. By giving women the courage to love themselves first, this pocket handbook reminds us once again what we already know: Every man knows what to do - it's just whether or not he thinks he needs to do it with you. By delivering a one-two punch, *TRASHtionalizations* wakes you up - you learn how to take care of yourself AND stay open to love.

TRASH
TIONALIZATIONS™

Women will buy this book for one another
and men will secretly buy it for themselves.
A woman's book every man should read!

Chandra Alexander has been living and teaching authenticity for the last thirty years. Along with a private practice in Tampa, Florida, she coaches clients all over the world in the areas of relationships, business, health, family and finances. Selected by Oprah Magazine as the Life Coach to deliver coaching sessions to their first place contest winner, Ms. Alexander also gives a weekly "Reality Check" on NBC's DAYTIME. To learn more about her books and CD's, visit her website at www.CoachGirl.com.



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