



# **It's Not Him, It's You!: How to Take Charge of Your Life and Create the Love and Intimacy You Deserve**

*Laura Berman*

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Too many of us never achieve the romantic and sexual fulfillment we want and deserve, and usually we blame our partners for getting it wrong. But what if the problem isn't him, it's you? Renowned relationship therapist and *New York Times*' bestselling author Laura Berman helps you break out of bad relationship patterns and achieve lasting romance and sexual satisfaction.

Designed to be both inspirational and achievable, *It's Not Him, It's You!* helps you identify the damaging patterns of thought and behavior that prevent you from finding love and realizing the full potential of your relationships. Learn how to overcome self-blame and lack of confidence, how to acknowledge bad relationship choices so that you never repeat them, how to feel confident in the bedroom, and how to bring romance and intimacy back into your sex life. Then take the reins of your love life and create the relationship you want.

*It's Not Him, It's You!* speaks to both single women and those in established relationships. Each chapter takes you one step further along the path to lasting, fulfilling love and sex, with a combination of tips, advice, inspiration, and real-life stories from Laura's clinics, all presented in Laura's characteristic warm, supportive style, to help you to discover just how happy, satisfying, and rewarding your relationship can be.

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