



# The Relate Guide to Finding Love

Barbara Bloomfield

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Why are you looking for love right now? What kind of relationship do you want? How will you know if you find 'The One'? *The Relate Guide to Finding Love* will answer all these questions, and more.

From the UK's leading relationship counsellor, *The Relate Guide to Finding Love* offers common sense help and advice on all aspects of dating and relationships. Short, snappy chapters, each containing a thought-provoking exercise, plus personal case histories, combine to make this a fun and interesting read to help you to:

- Discover your needs and what you expect from a relationship
- Get yourself into the right frame of mind to meet someone new
- Make the most of online dating and singles events
- Identify whether your new love is really the one for you

Whether you are looking for a long-term relationship or just a quick fling, this practical, accessible guide is perfect for you.



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