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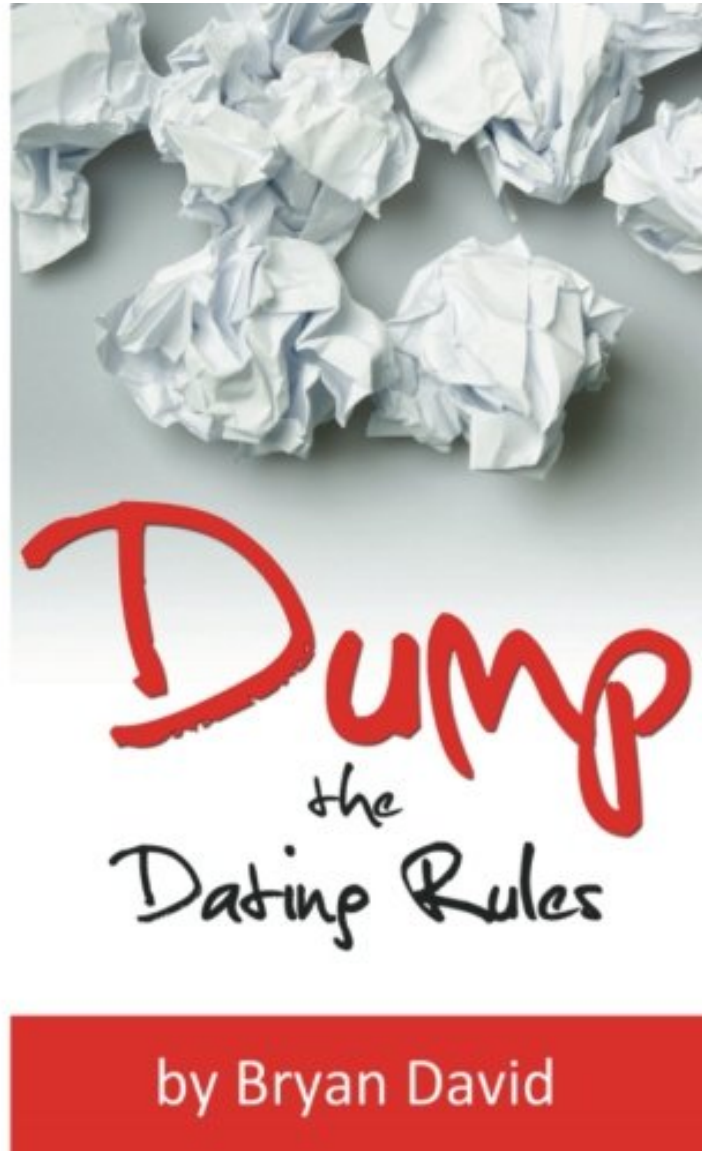
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Bryan David

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Dump the Dating Rules

Bryan David : Dump the Dating Rules before purchasing it in order to gage whether or not it would be worth my time, and all praised [Dump the Dating Rules](#):

1 of 1 people found the following review helpful. Exactly what I neededBy Un-Drama QueenDumping the Dating Rules was filled with profound words of wisdom. I personally felt the book was a godsend to heal (and prevent) my relational wounds. Bryan does an excellent job explaining why "loving yourself" is of paramount importance. He spells it out for you with great analogies and personal stories. What I am particularly impressed with is how Bryan doesn't tell you what works from theory...but he shares his real hurts and how he healed in order for his readers to

learn from his pain in hopes that they will have healthy relationships. His life and heart are truly an open book...and that book is "Dumping the Dating Rules". This book is "interactive". It's a short book, but not a quick book. I say that because if you truly think about what you are reading, you will stop and process the information before reading further. Don't be fooled. The chapters are short in pages, but not short in depth and activities for you to do. I recommend this book for women and men. Teen girls and boys. Everyone can benefit from this book. 0 of 0 people found the following review helpful. Reality CheckBy Image One This book was exactly what I needed to bring me back to reality after my relationship ended. The author's writing style is direct, humorous, interesting, easy to follow and full of profound wisdom. I downloaded the Kindle edition which has helpful videos and tables. The interactive visual components are great and impactful. Bryan David is insightful on what women do to sabotage our relationships with men and offers strategies and exercises to remind us of our worth, not to settle, and to be unapologetic about what we want and deserve from men. I found it perfect and best hearing from a man about what women do to cause changes or ends to our relationships. Bryan David is also transparent in this book and shares his experience and hurt from a past relationship. For me, I tend to believe more from people who have walked in my shoes and speak from personal experience. The essence of the book is that of empowering women and reminding us that we are a gift that deserves to be loved, respected and cherished. It brought me back to reality knowing that I am enough and worthy of a fulfilling relationship. I highly recommend `Dumping The Dating Rules'! 1 of 1 people found the following review helpful. This is the one! By Jill I love this book because it focuses on the impact your self image and loving yourself plays in a relationship. To have a healthy, loving relationship you have to love yourself first. Brian David does an extraordinary job highlighting how to do this in a simple easy to follow format. He is honest and sincere about his journey to being vulnerable which makes it easier for me to begin being more vulnerable in my own life. This book will be a life long tool for me as it can apply to relationships across the board. This is one you don't want to miss!

There's nothing fair in love and war! Love sometimes feels like a battle. And, in this game, rules don't count. While you're waiting 90 days to give up the cookies, it doesn't stop him from getting cookies from someone else! When you live by principles you don't have to worry about the dating rules. The five key principles in Dump the Dating Rules will allow you to give more to yourself without taking from others. You will feel powerful, be powerful and bring your best self to any dating experience.