



# Giving Up Junk-Food Relationships: Recipes for Healthy Choices

*Donna Barnes*

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Are you waiting for someone to change back into the person you fell in love with? Do you **fear you won't find anyone better** for you if you leave or let go? Are you **confused about what went wrong**? This guide outlines ways to make your relationships healthier and, more importantly, how to tell when things have gone bad. An abusive, dysfunctional, or simply wrong-for-you relationship can be as draining and bad for your health as an affinity for junk food. If you're like most people, you're probably **hungry for a good, meaningful, fulfilling relationship**. Though it's easy to figure out that something needs to change, you may be having trouble figuring out what to do. In *Giving Up Junk-Food Relationships*, author Donna Barnes uses multiple choice **quizzes, check lists, how-to lists**, and more to lay out methods for determining what kinds of junk food are affecting your relationships. You can learn how to \* **recognize and stop destructive dating habits**; \* **spot and avoid waving junk-food (red) flags**; \* **distinguish true love from true lust**; \* **tell if you're in a bad relationship and how to call it quits**; \* **be comfortable being alone**; and \* **handle rejection gracefully**. Start making healthy relationship decisions and improve your most important long-term relationship: the one with yourself.

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