

# Radical Acceptance

*author: Andrea Miller*

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## Synopsis

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author	Andrea Miller
readBy	Andrea Miller
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Loving the lovable parts of your partner is easy. He's funny, charming, smart, successful, and kind. He's perfect. Except for when he is not. Like when he is late. Or short-tempered. Or impatient. Or lazy. Or he has just loaded the dishwasher incorrectly (again). Maybe he suddenly feels like the most frustrating person on the planet. Or maybe you're simply not feeling heard or seen. Or loved enough.

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Tremendous empowerment and liberation come from loving someone - and being loved - for who we really are. This is called radical acceptance. Through radical acceptance, you'll learn how to increase your emotional resilience, feel more confident, determine whether you're settling, quiet those doubt-filled voices in your head, get out of that endless cycle of dead-end dates, reduce conflict, and build a deeply fulfilling, affirming relationship - all through highly actionable advice. *Radical Acceptance* illustrates that embracing your partner for exactly who they are will lead to a more harmonious relationship - and provides an unexpected path to your own personal transformation.

## Reader's comments

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