



# I Love You But I Don't Trust You: The Complete Guide to Restoring Trust in Your Relationship

*Mira Kirshenbaum*

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**Is my relationship worth saving?**

**Will the trust ever come back?**

**How can things be good between us again?**

Whether broken trust is due to daily dishonesties, a monumental betrayal, or even a history of hurts from the past, it can put a relationship at risk. This is the first book to show you exactly what to do to restore trust in your relationship, regardless of how it was damaged.

In this complete guide, couples therapist Mira Kirshenbaum will also help you understand the stages by which trust strengthens when the rebuilding process is allowed to take place. And you will learn how the two of you can avoid the mistakes that prevent healing and discover how to feel secure with each other again.

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Playing with family within a park, coming to see the ocean world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love I Love You But I Don't Trust You: The Complete Guide to Restoring Trust in Your Relationship, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

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