



# **Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can--and Should--be Saved**

*Lundy Bancroft, JAC Patrissi*

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**A guide to making the ultimate relationship decision from the author of *Why Does He Do That?***

In this supportive and straightforward guide, Lundy Bancroft, the author of *Why Does He Do That?*, and communication specialist JAC Patrissi offer a way for women to practically take stock of their relationships and move forward-with or without their partners.

Women involved in chronically frustrating or unfulfilling relationships will learn to:

- Tell the difference between a healthy-yet-difficult relationship and one that is really not working
- Recognize the signs that their partner has a serious problem
- Stop waiting to see what happens-and make their own growth the top priority
- Prepare for life without their partner-even as they keep trying to make the relationship work

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Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can--and Should--be Saved can be excellent book to read. May be it may be best activity to you.

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