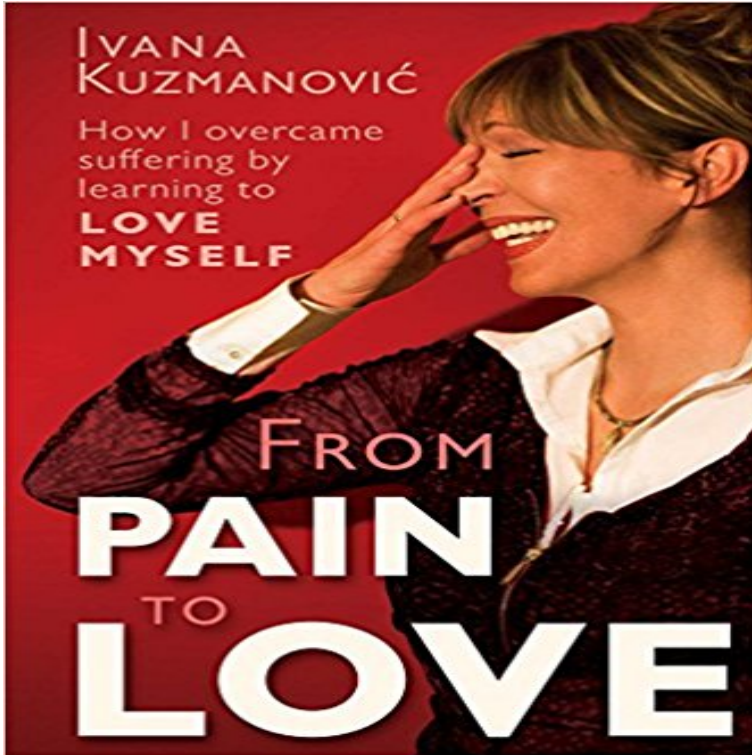


## From Pain to Love: How I overcame suffering by learning to love myself



For many, finding love is the single most frustrating and elusive of life's quests. In this ground-breaking work Ivana Kuzmanovic unlocks the secret to lasting, fulfilling and loving relationships: learning to love yourself first before you embark on attempts to love others. With step-by-step instructions, insightful anecdotes and an empathetic connection with her readers, Ivana deftly guides us through the maze of our typically confused, guilt-ridden and self-abasing thought processes, all the way to a new clarity and insight: one that brings with it the potential for real, fulfilling and lasting happiness of the kind known only to those who understand the true meaning of Love with a capital L.

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