

**Bring Yourself To Love: How Couples Can Turn
Disconnection Into Intimacy By Mona Barbera**

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Mona Barbera, PhD author Mona is a marvel of a couples therapist, the author of Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy

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Mona Barbera Dr. Mona is a psychologist, couples Bring Yourself to Love: How Couples Can Turn Disconnection into how to bring yourself to love,

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Mona is a marvel of a couples therapist, the author of Bring Yourself to Love: How Couples Can Turn Disconnection into Intimacy leading workshops and seeing couples

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try to plan your meetings in groups because this helps lower the intimacy factor. 6. Bring can find yourself Love: How Couples Can Turn Disconnection

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