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Daring to Trust: Opening Ourselves to Real Love and Intimacy by David Richo (Shambhala, 2010) Trust is defined as "a firm and hopeful reliance on the fidelity, integrity, or in the ability of a person or thing." It is not dependency but rather an inner assurance, a confidence that gives us a sense of security, a reliance on reliability.

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Daring to Trust: Opening Ourselves to Real Love and Intimacy by David Richo \$27.95 buy online or call us (+61) 3 9509 5133 from Jeffreys Books, 140 Glenferrie Road, Malvern VIC 3144, Australia

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Trust is not a feeling. It begins as a belief about the other, explains Richo (When the Past Is Present), a longtime therapist and author who transforms his kindly advice into an easy-to-understand

Daring to Trust: Opening Ourselves to Real Love and Intimacy

Daring to Trust offers key insights and practical exercises for exploring and addressing our trust issues. Most relationship problems are essentially about trusting. Whether it's fear of commitment,

insecurity, jealousy, or a tendency to be controlling, the real obstacle is a fundamental lack of trust—both in ourselves and in our partner.

Daring to Trust ::: A book by David Richo | David Richo

Daring to trust is a book that reads a bit like a psychology text but if you can glean though that, it is well worth the read. As psychology student, I didn't have any qualms with that but I did loan the book to a friend with no psyc background and they had a hard time getting though it -- hence only 4 stars.

Daring to Trust: Opening Ourselves to Real Love and ...

My Review - David Richo's Daring to Trust: Opening Ourselves to Real Love and Intimacy David Richo is a psychotherapist and well-known author. His many popular books combine Buddhism, poetry, and Jungian psychology to create tools for personal and spiritual transformation.

My Review - David Richo's Daring to Trust: Opening ...

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The book, Daring to Trust: Opening Ourselves to Real Love and Intimacy [Bulk, Wholesale, Quantity] ISBN# 9781590309247 in Paperback by Richo, David may be ordered in bulk quantities. Minimum starts at 25 copies.

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Daring to Trust offers key insights and practical exercises for exploring and addressing our trust issues in relationships. Topics include: Ultimately, Richo explains, we must develop trust in four directions: toward ourselves, toward others, toward life as it is, and toward a higher power or spiritual path.

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