



# Life Preservers: Staying Afloat in Love and Life

*Harriet Lerner*

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# Life Preservers: Staying Afloat in Love and Life

Harriet Lerner

## Life Preservers: Staying Afloat in Love and Life Harriet Lerner

With wit, wisdom and uncommon sense, Dr. Harriet Lerner gives readers the tools to solve problems and create joy, meaning and integrity in their relationships. Women will find *Life Preservers* (more than 40,000 copies sold in hardcover) to be an invaluable motivational guide that covers the landscape of work and creativity, anger and intimacy, friendship and marriage, children and parents, loss and betrayal, sexuality and health and much more.

With new insights and a results-oriented approach, Dr. Lerner answers women's most frequently asked questions and offers the best advice for problems women face today:

I always pick the wrong guys.  
Should I move in with him?  
I can't stand my boss.  
Should I leave my marriage?  
How can I recover from his affair?  
Is my fantasy abnormal?  
Is my therapy working?  
I miss my mother.  
I can't believe I was fired.

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