

love quotes for troubled relationships

****Love Quotes for Troubled Relationships: Finding Hope and Healing Through Words****

Love quotes for troubled relationships have a unique power. They can offer solace during difficult times, remind us of the depth and complexity of love, and sometimes serve as gentle nudges toward understanding, forgiveness, and renewal. When a relationship hits a rough patch, it's easy to feel isolated or overwhelmed by emotions. But carefully chosen words—whether from poets, philosophers, or everyday people—can provide clarity, encouragement, and even inspire change.

In this article, we'll explore how love quotes can be a source of comfort and insight for couples facing challenges. We'll discuss why these expressions matter, how to use them constructively, and share some powerful quotes that speak directly to the heart of troubled relationships.

Why Love Quotes Matter in Troubled Relationships

When things get tough between partners, communication often breaks down. Emotions run high, misunderstandings multiply, and it becomes difficult to find common ground. This is where love quotes for troubled relationships can play a vital role. They distill complex feelings into simple truths, making it easier to express what might be hard to say in your own words.

Quotes serve as mirrors reflecting your feelings back to you, helping you understand not just your partner's perspective but your own. They can also remind you of the bigger picture—the reasons you fell in love, the potential for growth, and the resilience of true connection.

Additionally, love quotes can be conversation starters. Sharing a poignant quote can open up dialogue in a non-threatening way, paving the path toward healing and renewed intimacy.

How to Use Love Quotes to Heal and Strengthen Your Relationship

Inspire Reflection and Self-Awareness

One of the most valuable ways to use love quotes for troubled relationships is to encourage self-reflection. Sometimes, the problems in a partnership stem from unspoken needs or unresolved personal issues. Reading quotes about love, patience, forgiveness, and understanding can inspire you to pause and consider your own role in the relationship's challenges.

Encourage Empathy and Understanding

When tensions rise, putting yourself in your partner's shoes can be difficult. Love quotes that highlight empathy can remind you both that behind the conflict is a desire to be loved and accepted. For example, quotes about unconditional love or the importance of patience can soften hearts and foster a more compassionate environment.

Use Quotes as Positive Affirmations

Troubled relationships often suffer from negativity and doubt. Repeating positive love affirmations from quotes can help shift your mindset. Affirmations like "Love is not about how many days, months, or years you have been together. Love is about how much you love each other every single day," can boost hope and motivate you to keep working on the relationship.

Powerful Love Quotes for Troubled Relationships to Reflect On

Here are some carefully selected quotes that resonate with the ups and downs of relationships under strain:

- "The course of true love never did run smooth." – William Shakespeare
This timeless truth reminds us that struggles are a natural part of love's journey, not a sign of failure.
- "Love is not about possession. Love is about appreciation." – Osho
Appreciating your partner's unique qualities rather than trying to control or change them can transform conflicts into opportunities for growth.
- "We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics." – Joyce Meyer
This quote encourages shifting from blame to support, a key ingredient in healing troubled relationships.

- "To love and be loved is to feel the sun from both sides." – David Viscott
A beautiful reminder that love is a two-way street, requiring effort and warmth from both partners.

- "Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." – Mark Twain
Forgiveness is often the hardest but most necessary step toward repairing a broken bond.

Understanding the Role of Communication and Patience

Love quotes for troubled relationships often emphasize communication and patience as pillars of lasting love. When couples face misunderstandings or emotional distance, these elements become critical.

Communication: The Bridge Over Troubled Waters

Many conflicts arise from poor communication or assumptions. Sometimes, sharing a quote about the importance of speaking openly and listening deeply can help both partners commit to better communication habits. For example, "The most important thing in communication is hearing what isn't said." – Peter Drucker highlights that understanding goes beyond words.

Patience: The Quiet Strength

Patience is often overlooked but essential, especially when working through deep-seated issues. Quotes such as "Patience is not the ability to wait, but the ability to keep a good attitude while waiting." – Joyce Meyer help remind couples that enduring love requires calm and grace during tough times.

Incorporating Love Quotes into Daily Life

Love quotes for troubled relationships don't have to just be read and forgotten. They can be woven into daily routines to keep love and hope alive.

- **Start Your Day Together:** Read a meaningful quote aloud in the morning to

set a positive tone.

- **Write Love Notes:** Leave quotes on sticky notes or in letters for your partner to find during the day.
- **Use as Meditation or Journaling Prompts:** Reflect on a quote during quiet moments and write about how it relates to your relationship.
- **Discuss Together:** Share a quote during a calm moment and talk about what it means for your relationship's future.

Integrating these small practices can create a steady stream of encouragement and remind both partners of their commitment despite challenges.

The Healing Power of Words in Troubled Times

It's important to remember that love quotes are tools, not quick fixes. They won't magically solve problems, but they can provide perspective and emotional support when things feel overwhelming. Sometimes, the simple act of finding words that express pain, hope, or love can be incredibly healing.

Relationships that endure hardship often emerge stronger and more deeply connected. Love quotes for troubled relationships can serve as beacons, guiding couples through darkness toward rediscovery and renewed affection.

In the end, every relationship has its unique story, woven with moments of joy and difficulty alike. Embracing the wisdom found in love quotes can help couples navigate those stories with grace, patience, and above all, love.

Frequently Asked Questions

What are some love quotes that can help heal a troubled relationship?

"Love is not about how many days, months, or years you have been together. Love is about how much you love each other every single day." – Unknown

How can love quotes inspire couples going through difficulties?

Love quotes can remind couples of the strength and beauty of their bond, encouraging patience, understanding, and hope during challenging times.

Are there any love quotes that emphasize forgiveness in relationships?

Yes, for example, "The weak can never forgive. Forgiveness is the attribute of the strong." – Mahatma Gandhi, which highlights the importance of forgiveness in maintaining love.

Can love quotes help improve communication in troubled relationships?

Yes, love quotes about honesty, empathy, and openness can encourage partners to communicate more effectively and rebuild trust.

What is a good love quote to remind couples to stay committed during tough times?

"True love is not about perfection, it is hidden in flaws, understandings, and acceptance." – Unknown

How do love quotes address the issue of growing apart in relationships?

Many love quotes emphasize reconnecting and nurturing love, such as "Love is a journey, not a destination. Sometimes the road gets rough, but the journey is worth it." – Unknown

Can sharing love quotes be a useful tool in relationship counseling?

Absolutely, love quotes can serve as conversation starters, provide comfort, and offer positive perspectives that counselors can use to help couples reflect and heal.

Additional Resources

Love Quotes for Troubled Relationships: Navigating Emotional Turbulence with Words

Love quotes for troubled relationships offer a unique lens through which individuals and couples can explore the complexities of their emotional bonds. In times of conflict, misunderstanding, or growing distance, carefully chosen words can act as catalysts for reflection, healing, and renewed connection. This article investigates the role of love quotes in troubled relationships, assessing their psychological impact, practical applications, and the nuanced ways they can either soothe or complicate already strained partnerships.

The Psychological Resonance of Love Quotes in Difficult Times

Love quotes often distill profound emotional experiences into concise, relatable expressions. For couples facing challenges, these quotes can provide validation and a sense of shared struggle. According to psychological studies, reading and reflecting on meaningful phrases related to love and hardship can promote emotional awareness and empathy. This is especially relevant in troubled relationships, where communication may have broken down or become superficially transactional.

Moreover, love quotes for troubled relationships serve as cognitive anchors. They remind partners of the enduring aspects of their connection, even amid conflict. For example, a quote from Antoine de Saint-Exupéry, "Love does not consist in gazing at each other, but in looking outward together in the same direction," underscores the importance of unity beyond immediate disputes. Such insights can help shift focus from blame to collaboration.

However, the impact of love quotes is not universally positive. When misapplied or overly idealistic, they can inadvertently foster unrealistic expectations or guilt. For instance, a partner might feel pressured to "love harder" without addressing underlying issues, leading to emotional exhaustion. Therefore, understanding the context in which these quotes are used is essential for their effectiveness.

Types of Love Quotes Useful for Troubled Relationships

Not all love quotes carry the same weight or utility in troubled contexts. Some categories demonstrate particular relevance:

- **Reflective quotes:** These prompt introspection, encouraging individuals to examine their feelings and behaviours. Example: "The greatest relationships are the ones you never expected to be in."
- **Reassurance quotes:** Aimed at restoring hope and trust, such as, "Love is not about how many days, months, or years you've been together. Love is about how much you love each other every single day."
- **Growth-oriented quotes:** Highlighting the potential for personal and relational development. For example, "Difficult roads often lead to beautiful destinations."
- **Communication-focused quotes:** Emphasizing dialogue and understanding, e.g., "We can improve our relationships by always remembering that the other person is a human being with feelings just like our own."

These categories help partners select quotes that resonate with their current emotional state and relational needs rather than generic affirmations.

Integrating Love Quotes into Relationship Repair Strategies

Incorporating love quotes into conflict resolution and relationship repair can be practical and symbolic. Therapists and counselors often use quotes as conversation starters or journaling prompts during sessions. This technique helps couples articulate feelings that might otherwise be difficult to express.

Additionally, love quotes can be embedded in daily practices to reinforce commitment. For example, couples might share a meaningful quote via text or leave handwritten notes for each other. This consistent but gentle reminder of affection and intention can counterbalance negativity during rough patches.

However, reliance on quotes should not replace active problem-solving or professional support when needed. Love quotes function best as supplements to communication, not as substitutes. Their greatest power lies in opening emotional space where honest dialogue can flourish.

Examples of Impactful Quotes for Troubled Relationships

Here are some carefully curated quotes that have been widely recognized for their relevance to relationship challenges:

1. "The best thing to hold onto in life is each other." – Audrey Hepburn
2. "Love isn't something you find. Love is something that finds you." – Loretta Young
3. "A great relationship is about two things: First, appreciating the similarities, and second, respecting the differences." – Unknown
4. "Sometimes two people have to fall apart to realize how much they need to fall back together." – Unknown
5. "True love is not about perfection, it's hidden in flaws." – Unknown

These quotes underscore themes of resilience, acceptance, and mutual appreciation, which are critical in navigating relational turbulence.

The SEO Perspective: Why Love Quotes for Troubled Relationships Matter Online

From an SEO standpoint, the phrase “love quotes for troubled relationships” targets a niche yet significant audience seeking emotional support and inspiration. The popularity of relationship advice content ensures steady search interest, especially during periods of societal stress or after major cultural events influencing relational dynamics.

Integrating LSI keywords such as “relationship healing quotes,” “quotes about love and hardship,” “quotes to save a relationship,” and “emotional support for couples” naturally throughout content enhances visibility and contextual relevance. These keywords reflect the varied intents behind user searches—some seek motivation, others practical advice, and many look for emotional resonance.

Content that thoughtfully examines the nuances of troubled relationships while providing actionable insights through quotes tends to engage readers more deeply. This engagement favors better search rankings and user satisfaction metrics, including time on page and social sharing.

Balancing Emotional Appeal with Professional Insight

Successful articles in this domain balance empathy with an investigative lens. While love quotes evoke feelings, professional reviews or journalistic pieces dissect their origins, implications, and appropriate uses. This approach appeals to readers who desire more than surface-level inspiration—they want understanding and guidance grounded in expertise.

For instance, discussing the psychological effects of repeated exposure to certain types of quotes can inform readers about cognitive biases or emotional triggers. Similarly, contrasting quotes that promote unconditional love versus those encouraging accountability can help readers discern what aligns best with their relationship goals.

Challenges and Considerations When Using Love Quotes for Troubled Relationships

Despite their benefits, love quotes come with limitations. They can sometimes oversimplify complex emotions or inadvertently minimize serious issues such

as abuse, neglect, or deep-seated incompatibility. In such cases, relying solely on inspirational quotes may delay necessary interventions.

Furthermore, cultural and personal differences influence how quotes are received. What resonates as comforting to one person might seem clichéd or dismissive to another. Contextual sensitivity is therefore crucial, especially in diverse or multicultural relationships.

Finally, the overuse of love quotes in digital communication can lead to desensitization. When repeated without genuine intent or accompanied by meaningful action, they risk becoming hollow gestures.

Recommendations for Effective Use

- Use quotes as conversation starters rather than definitive answers.
- Pair quotes with open-ended questions to encourage dialogue.
- Select quotes that reflect both partners' values and experiences.
- Avoid using quotes to mask or avoid addressing core issues.
- Consider professional guidance when challenges extend beyond communication gaps.

These guidelines help ensure that love quotes contribute positively to the healing process rather than complicating it.

In conclusion, love quotes for troubled relationships are more than mere platitudes; they are tools that, when applied thoughtfully, can foster emotional insight, encourage dialogue, and inspire commitment. Their value lies in complementing the broader efforts partners make toward understanding and growth, rather than serving as quick fixes. As couples navigate the complexities of love's challenges, words—carefully chosen and sincerely expressed—remain powerful allies.

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love quotes for troubled relationships: Romantic Relationship Quotes Michelle Winfrey, 2020-02-07 At the start of a relationship, everything seems so perfect but as time goes by you start to face relationship problems. And relationships become hard to sustain and finding the perfect balance to maintain becomes even harder. And our selection of these chosen relationship quotes will help you find that balance. Being in a relationship is not easy they have their ups and downs. There are times that you will fight and have few misunderstandings. Couples have to go through the good

times and the bad times for their relationship to grow. But despite all of it, they will always find a way to make it work and won't leave each other. When troubled, just think of the happy times and read some relationship quotes that might help you think positively towards your relationship.

love quotes for troubled relationships: Love Quotes 365 Willie L. McClary, 2023-06-15 This book contains 365 of the best love quotes to share with the one you love and let them know how much they mean to you.

love quotes for troubled relationships: The Girls' Book of Love Catherine Dee, 2009-09-26 The Girls' Book of Friendship and The Girls' Book of Wisdom This lively collection includes cool quotes, true stories, love poems, fascinating facts, and more from over 175 dynamic girls and women. Discover what they have to say about finding true love and making it last. Included in this book are quotes from fabulous females such as: Sheryl Crow Sarah Jessica Parker Oprah Winfrey Amy Tan Harriet Beecher Stowe Ani DiFranco Maya Angelou Gloria Steinem Madonna Kate Hudson Also included are quotes from magnificent men such as: Brad Pitt George Bush Justin Timberlake Martin Luther King, Jr. Freddie Prinze, Jr. Bill Clinton John Lennon Thomas Jefferson.

love quotes for troubled relationships: Big Wild Love Jill Sherer Murray, 2025-07-30 Jill Sherer Murray lived in a dead-end relationship into her forties before she finally let it go. She was like millions of women who struggle with whether to stay in a loveless marriage, a bad relationship, or give up on dating altogether, believing love isn't in the cards. You may be struggling with a similar decision yourself. Perhaps you're terrified of being single, and yet you don't truly feel you're living the life you want. With warmth and honesty, Murray shows you how letting go—of feeling stuck, afraid, and alone, and of believing what you've got is all you deserve—can free you from a life that isn't serving you. She knows this is true, because she did it herself—and ultimately attracted the love and life she wanted. Through her story, other women's stories, surprising facts and statistics, and helpful exercises, Big Wild Love will show you the way back to the self you've lost. It will put you on the path to change and teach you that, wherever you are, it's never too late to start anew and find the Big Wild Love you deserve.

love quotes for troubled relationships: 21 SECRETS TO ETERNAL LOVE: Timeless Lessons For Every Generation Rakesh Dogra, 21 Secrets to Eternal Love: Lessons for Every Generation Love has fascinated, inspired, and perplexed humanity for centuries. In 21 Secrets to Eternal Love: Lessons for Every Generation, Rakesh Dogra uncovers timeless truths about love that transcend age, culture, and circumstances, offering a heartfelt guide to building meaningful and lasting connections. Are You Facing These Challenges in Love and Relationships? • Struggling to maintain trust and open communication with your partner? • Feeling disconnected in your friendships or family relationships? • Searching for self-love and emotional fulfilment? • Wondering how vulnerability can strengthen your connections? • Looking for practical steps to build a relationship that lasts? If you've asked yourself any of these questions, this book is your guide to finding clarity, wisdom, and actionable solutions. Take the First Step Towards Deeper Connections Today! Don't wait for love to happen by chance. 21 Secrets to Eternal Love offers insights, stories, and tools to help you create and nurture relationships filled with trust, growth, and authenticity. Open these pages, embrace the lessons, and let your journey towards lasting love begin. Get your copy now and discover the secrets to Eternal love !

love quotes for troubled relationships: Domo's Quotes of Inspiration Part 1 D.J. Domo , 2023-07-24 On a daily we all go through things. Some expected and some unexpected. Some we can control the outcome and others we can't. As I went back and thought about my hard times and the quotes I came up with while trying to press forward through all my tribulations and trials. These quotes seem to make a lot of sense today. So why not share them, and hopefully they can help you right along with words of inspiration. For so long after dealing with my hard times I've always been someone who people can come to talk to. We all need someone to vent to. Not everyone is genuine with that listening ear either. I've given real advice and am not judgmental while giving it. I allow people to see things both ways and advise them of what I would do. When I approach the conversation with the advice, I give I don't force a person to take my advice and use it. The final

choice is up to you to make the final decision in whatever choice you choose to use and I'm going to support you every which way. Everyone needs, deserves, and go looking for encouragement. That happens often. So why not a better way to incorporate quotes with genuine words of encouragement to inspire someone within this book.

love quotes for troubled relationships: Troubled People, Troubled World Michael Briant, 2025-03-04 Ethical issues are the stuff of psychotherapy, and in fact Freud envisaged the process as one in which an unexamined, irrational and oppressive conscience gives way to one more benignly rooted in reason. Therapists endeavour to be non-judgemental and, indeed, are no more qualified to pass judgement on others than anyone else; do they nevertheless learn anything about ethics from their disciplined listening? The same question was asked after the war about the persecution of the Jews and other minorities, and it's a very live issue again, faced as we are by movements like ISIS, or Putinism in Russia, that cause great suffering in the name of religious or moral regeneration - a bewildering paradox that David Astor, former editor of The Observer called 'the scourge'. Can psychotherapy throw any light on it, or contribute any ideas as to how we might contain, if not prevent, the barbarism it sanctions? Can it offer any insights into a different, more inclusive kind of ethics, and if so, can we glean any guidance from it as to how we might further it? These are the questions the author explores, drawing on psychoanalytic thinking on these issues for over a century and illustrated by his work with individuals over four decades.

love quotes for troubled relationships: Secret Wisdoms & Sacred Truths - Timeless Truths On Life, Love, Business & Money: Delano B. Gurley , 2023-01-05 "The world is drowning in information, but starving for wisdom." - Delano B. Gurley In the information age knowledge is abundant almost into a stage of excess. Because we can access any information that we want with the touch of a few buttons, most of us have become numb to the exploration and attainment of truth and wisdom. Because wisdom has gotten lost in the shuffle we have become very knowledgeable about a wide variety of topics, yet we have a hard time finding the solutions on how to deal with life in general. The abundance of knowledge but the lack of truth has created an alarming surge in anxiety, depression, suicide and hopelessness in the youth, the adults and the culture as a whole. This information is built to not only give you truth, but to give you the wisdom to lead your life into positive change. Here's the areas of life you'll learn wisdom in the areas of: -Career -Business -Friendship & Relationships -Life This information is built to not only give you knowledge, but to give you the incredible valuable gems of truth and wisdom that you need to lead your life into positive change. It's wisdom that you need to lead a joyful and fulfilled life. And it is truth that you need to grow your understanding of people, life situations and how to navigate them correctly. Use this book of sacred wisdom in the areas needed to advance your understanding on the journey of life. Read as many wise quotes as you need to just give you a daily dose of truths in the areas of life that you may need a little boost.

love quotes for troubled relationships: Complaint Free Relationships Will Bowen, 2009-12-29 A revolutionary approach to improving every relationship in your life, Complaint Free Relationships picks up where the internationally successful A Complaint Free World left off, with all-new methods to help you overcome toxic habits and build strong, successful connections with others. The original Complaint-Free movement has exploded into an international phenomenon, with 5.5 million people in more than 80 countries taking the pledge to create a complaint-free life, as well as national media attention. As this movement expands, it is clear that the real focus of achieving true complaint-free living lies in our relationships. People complain to bond with others. It's easy to feel connected by common annoyances. But most complaining is about people, and this leads to negative and unhealthy foundations for our relationships with others--from family, lovers and friends to our more casual connections with people in our daily lives. Complaint-Free Relationships provides insight and helpful tools to see, understand, and engage in our relationships through the lens of complaint-free living. It incorporates new studies about complaining, inspiring and illuminating stories from Will Bowen's experience both as a minister and founder of the Complaint Free movement, and practical exercises at the end of each chapter. By providing the tools you need to

escape the trap complaining creates--feeling unfulfilled and inadequate--Complaint-Free Relationships offers new clarity and encourages you to create happy, stimulating and mutually satisfying relationships.

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full sermons are included as a source of inspiration and edification for pastors, who so rarely are on the receiving end of preaching. These sermons will highlight best practices, unique approaches, and fresh voices. Sermon Series Ideas This section will briefly outline and describe ideas for unique sermon series based on lectionary readings. Most if not all of these will come from non-NT texts, helping preachers to include a wider range of scripture in their preaching. (Many pastors preach primarily from NT passages almost exclusively.)

love quotes for troubled relationships: *Resilient Relationships* Christian Heim, Caroline Heim, 2023-04-14 Christian and Caroline Heim have written a wise and valuable book on how to make marriages last. - Roy Baumeister, President of International Positive Psychology Association Designed to be used as a companion to couple therapy, this book is based on a trailblazing study of over 1400 individuals. It presents over 75 techniques to help relationships thrive in the long-term and provides insights into the challenges faced by contemporary couples. Through in-depth interviews, this book takes pertinent questions from young couples and puts them to couples who have been together for decades. The time-tested secrets of thriving couples are presented in a new guise for a new generation. Capturing the effects of the COVID-19 pandemic, the study includes people from 52 countries and is the largest cross-sectional, multi-national study on long-term relationships to date. It highlights the dynamic and protective factors that lead to relationship longevity, as well as societal pressures, to guide therapists on how to manage these with their clients. The authors uncover how long-term relationships promote resilience, emotional, mental, and physical health, and protect against loneliness and harmful behaviours. Therapists and couples need to know what goes right in long-lasting relationships. Providing essential data and practical skills for psychologists, counsellors and other professionals, this book is a must-read for anyone working with couples to explore and understand what leads to resilient relationships in a harsh, complex world.

love quotes for troubled relationships: *A Difficult Par* James R. Hansen, 2014-05-08 The definitive account of modern golf's foremost architect from the New York Times bestselling author of *First Man: The Life of Neil A. Armstrong* Robert Trent Jones was the most prolific and influential golf course architect of the twentieth century and became the archetypical modern golf course designer. Jones spread the gospel of golf by designing courses in forty-two US states and twenty-eight countries. Twenty U.S. Opens, America's national championship, have been contested on Jones-designed courses. New York Times bestselling biographer James R. Hansen, author of *First Man: The Life of Neil A. Armstrong*, recounts how an English immigrant boy arrived in upstate New York in 1912, just as golf was emerging as a popular pastime in America. Jones excelled as a golfer, earning admission to Cornell University, whose faculty consented to a curriculum tailored to teach him the knowledge needed to design golf courses. Cornell provided the springboard for an act of self-invention that propelled Jones from obscurity to worldwide fame. Jones believed that every hole should be "a difficult par but an easy bogey." As gifted as he was at golf design, Jones was equally skilled as a salesman, promoter, and entrepreneur. Golf Digest's annual rankings of the 100 Greatest Golf Courses have regularly featured about fifty Jones designs, paving the path for his two sons, Robert Jr., and Rees, whose work would carry on their father's tradition. Hansen examines Jones's legacy in all its complexity and influence, including the fraternal rivalry of Jones's distinguished sons.

love quotes for troubled relationships: *You Deserve Better* Anne-Marie, 2021-09-30 Sometimes it feels so hard to love yourself. We worry that we're not good enough or we're being selfish if we take time to prioritise what we need. But self-love is so important and even if we're our own biggest critic, it can be done! You deserve better xxx Hands up if you're fed up with being told you need to go on this diet, you need to behave this way, or you probably shouldn't wear this outfit...the list goes oooooon. Anne-Marie's been told these things her whole life too and they didn't make her feel any better. But now, she's discovered the simple tools that mean she treats herself with the love and respect she needs and this, in turn, means she's able to go out into the world and be as strong, confident and true to herself as she can be. And she wants YOU to be able to do the same. *You Deserve Better* is the must-read book from singer-songwriter Anne-Marie that doesn't

give you fluffy promises about self-care but speaks honestly about body image, mental health, being successful at work and more. It's the real advice that every person needs to hear to be happier in themselves and in the world. Cause you know what? YOU DESERVE BETTER.

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