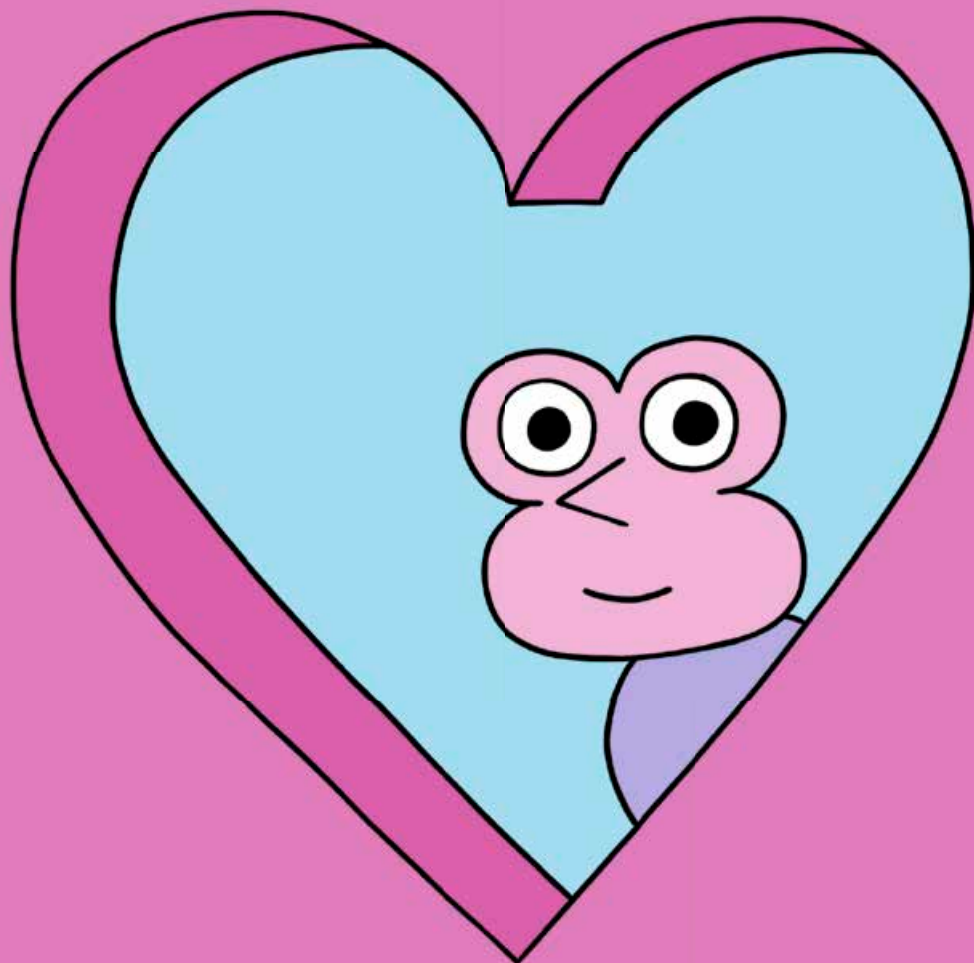


HOW LOVE

A GUIDE TO FEELINGS & RELATIONSHIPS FOR EVERYONE



alex norris 

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For everyone I've ever had a crush on.
Especially those who had a crush on me too.
Especially especially Ruby, my biggest crush.



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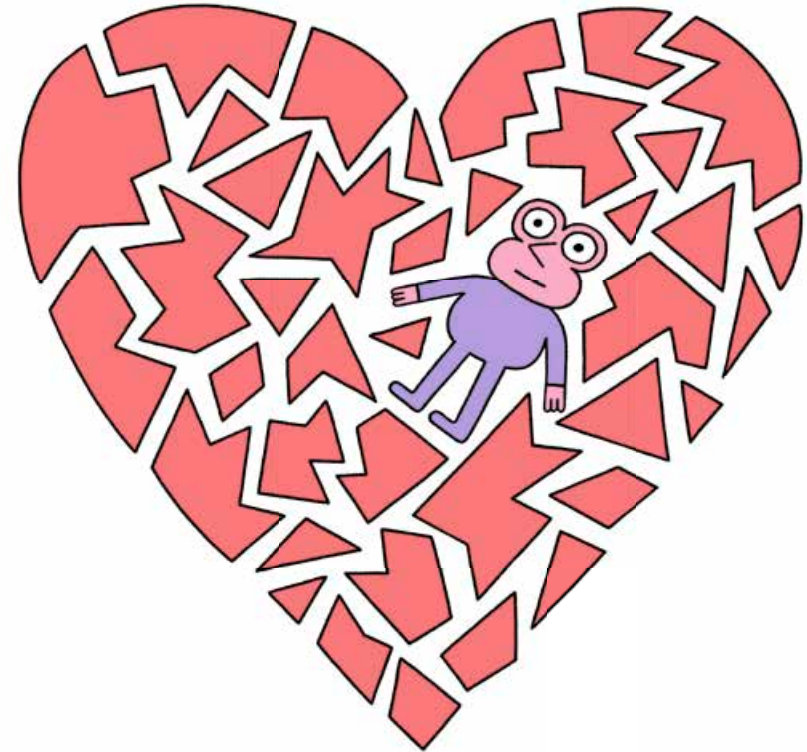
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CONTENTS

INTRODUCTION 6

What is this book? 13

ALL BY MYSELF: QUESTIONS ABOUT BEING SINGLE

Do I need love? 23

What if I like being single? 29

What if I feel lonely? 35

Who should I love? 41

Where can I find love? 47

A MILLION FEELINGS: QUESTIONS ABOUT FALLING IN LOVE

Why am I so awkward around my crush? 57

Is it love or is it lust? 63

What if I like someone who is out of my league? 69

Why do I always fall for bad boys? 75

How do I ask someone out? 81

What if they say no? 87

What if they give me mixed signals? 93

What if they aren't who I thought? 99

Can I love more than one person? 105

TOGETHER: QUESTIONS ABOUT BEING IN A RELATIONSHIP

What should our relationship look like? 115

How can I be romantic? 121

How do I know how fast or slow to take things? 127

Is it okay if we argue a lot? 133

Why do people abandon their friends when they find love? 139

How do I make things sexy? 145

Is jealousy good or bad? 151

Can a long-distance relationship work? 157

When is the right time to first say "I love you"? 163

EVER AFTER: QUESTIONS ABOUT WHAT COMES NEXT

Will I ever find "The One"? 173

Can we "live happily ever after"? 179

Can I break up with someone without hurting them? 185

I got dumped. What now? 191

Can I be friends with my ex? 195

How do I move on? 201

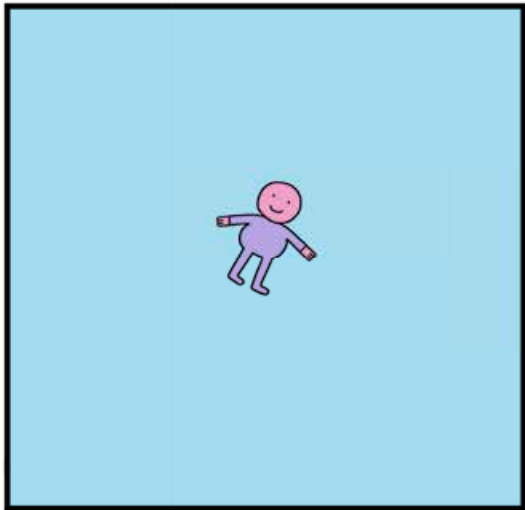
Will I ever love again? 207

OUTRODUCTION 214

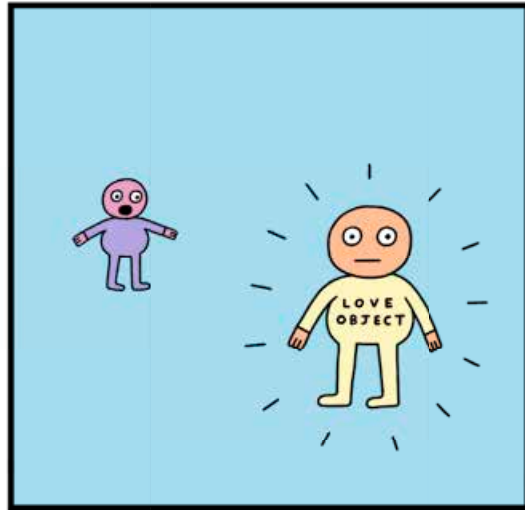
ABOUT THE AUTHOR 222

I N T R O D U C T I O N

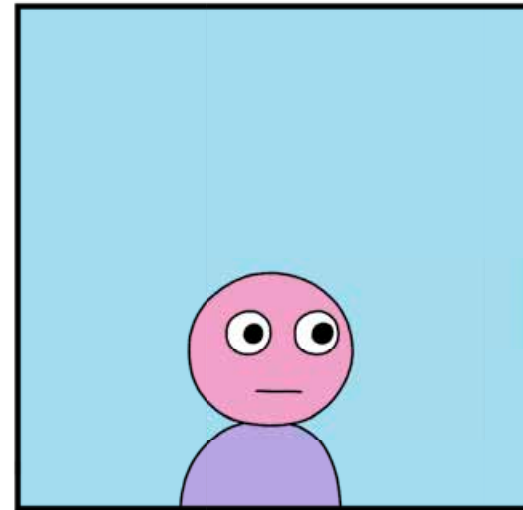




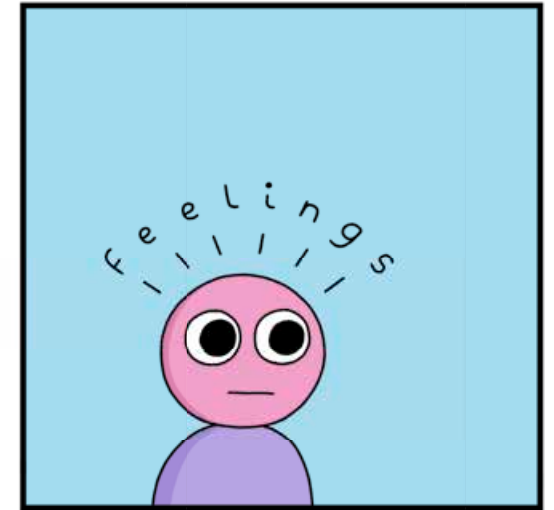
Here you are, floating blissfully through the void of lovelessness.



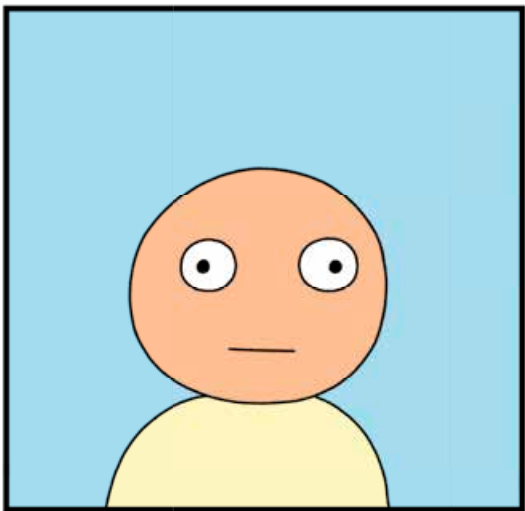
Then you see someone



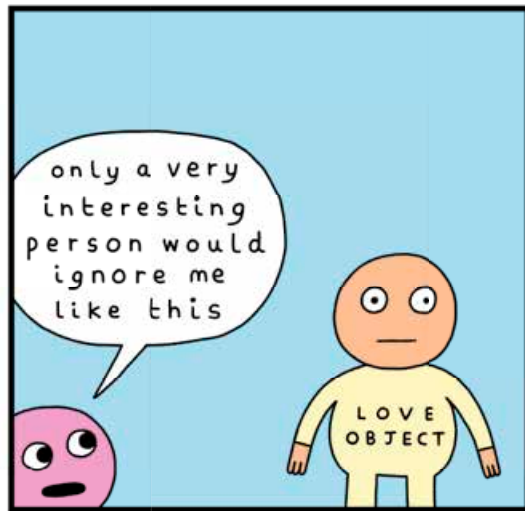
Suddenly:



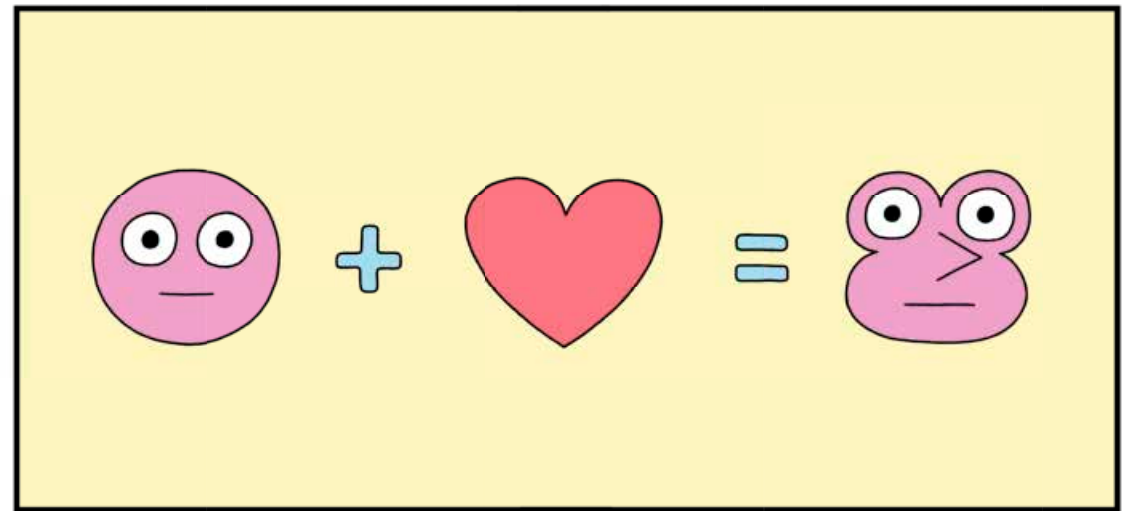
feelings.



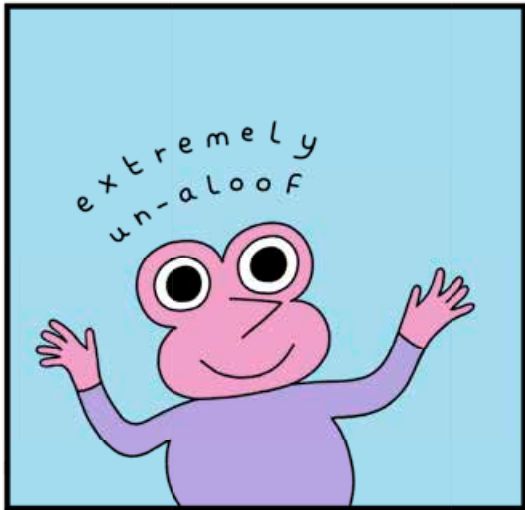
someone beautiful and fascinating



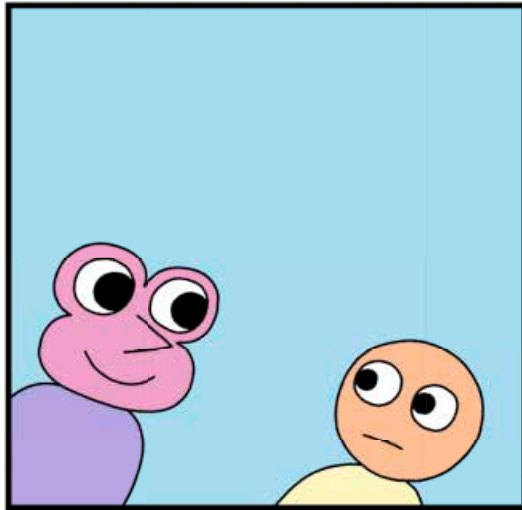
and compellingly aloof.



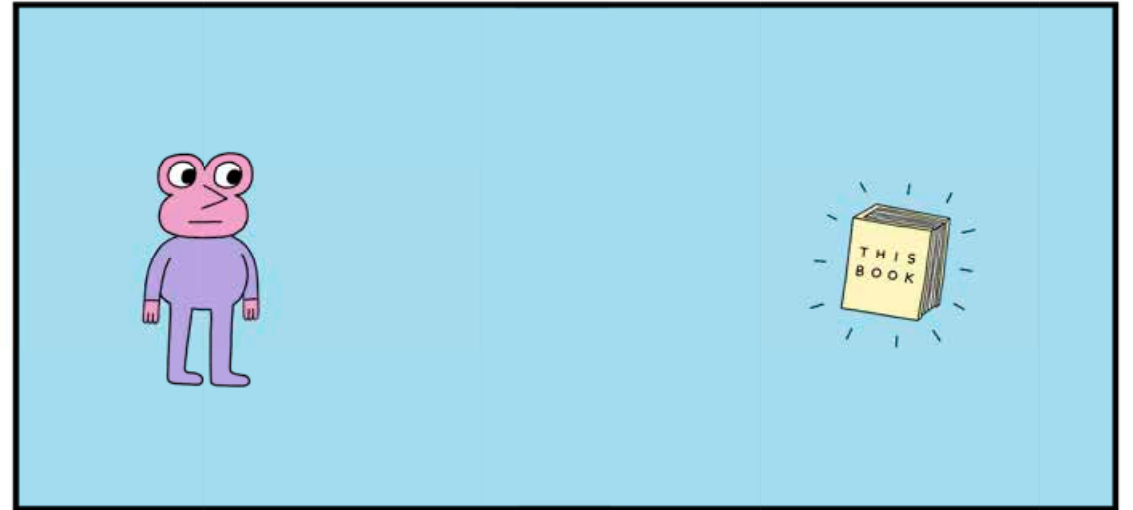
These feelings of love fill your head



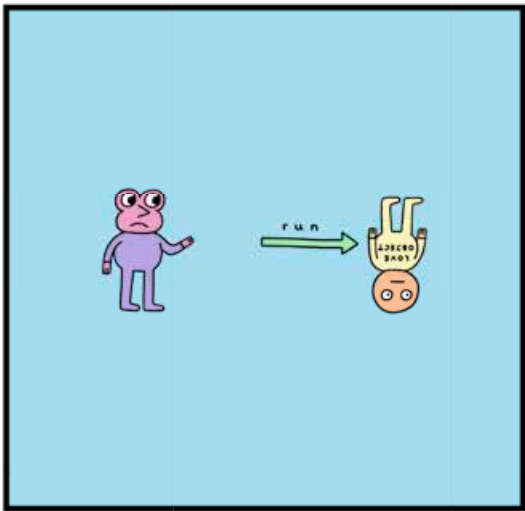
and transform you



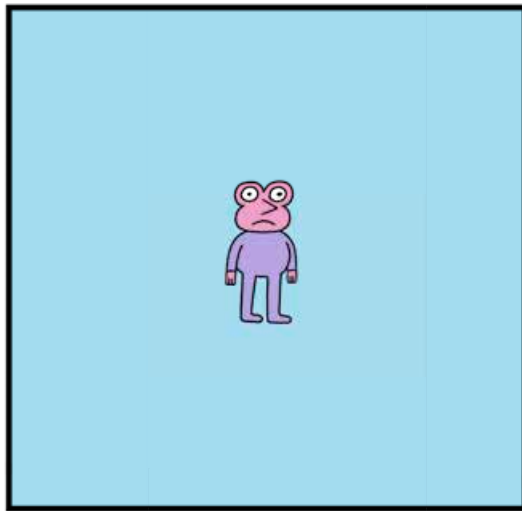
into something intense and desperate.



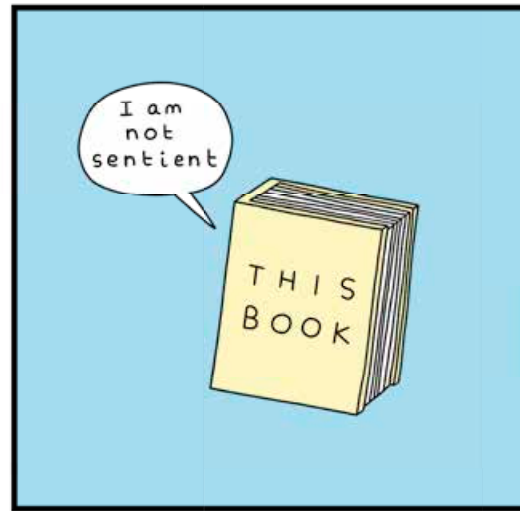
You search for help, and find a handy guide.



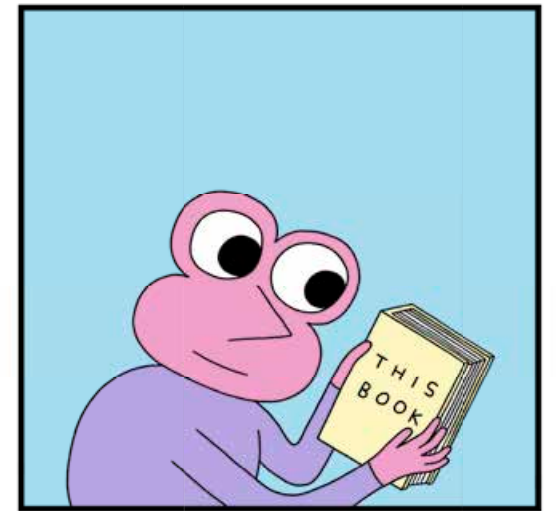
Your Beloved runs away



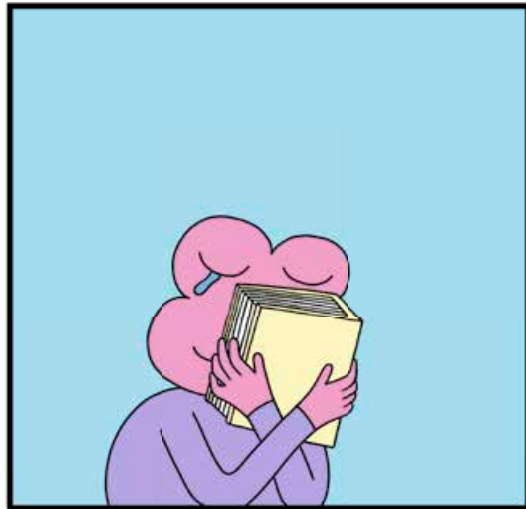
and the void feels very empty.



It does not run away.

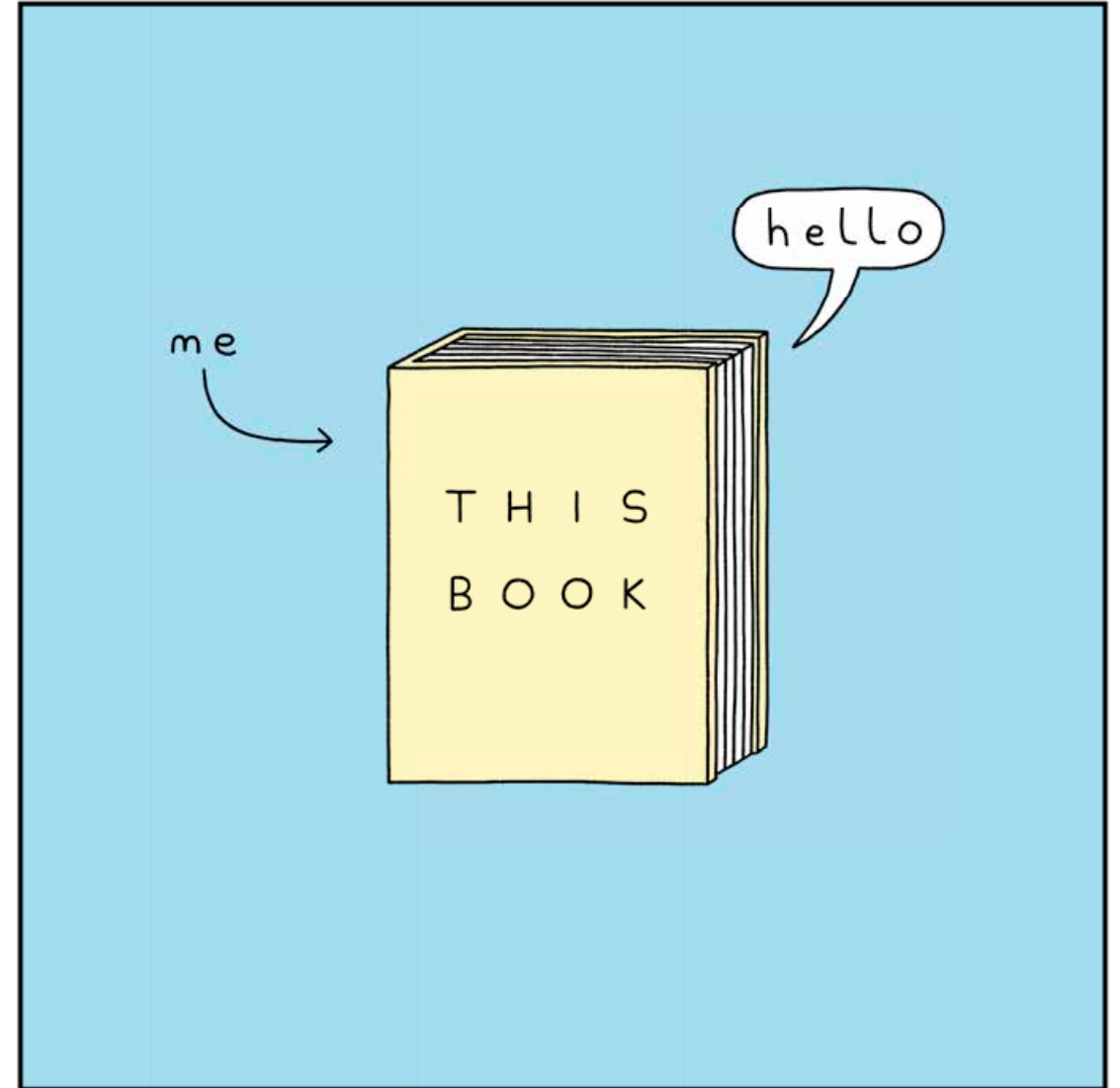


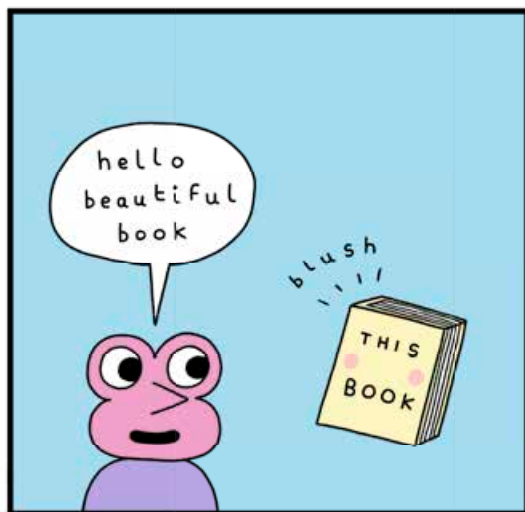
You hold it in your hands



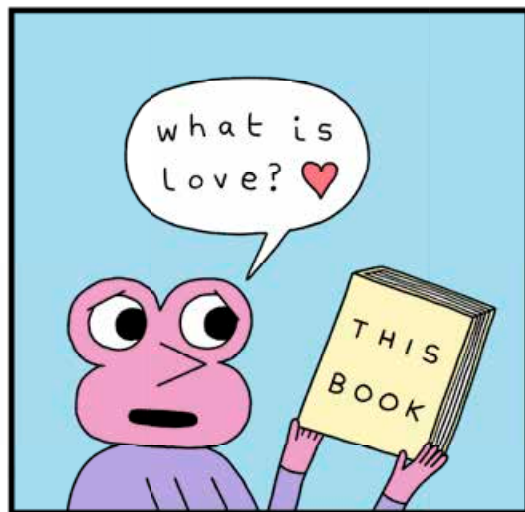
and love it forever.

WHAT IS THIS BOOK?

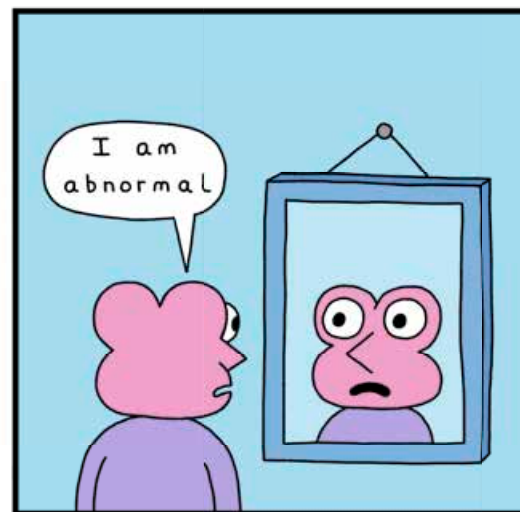




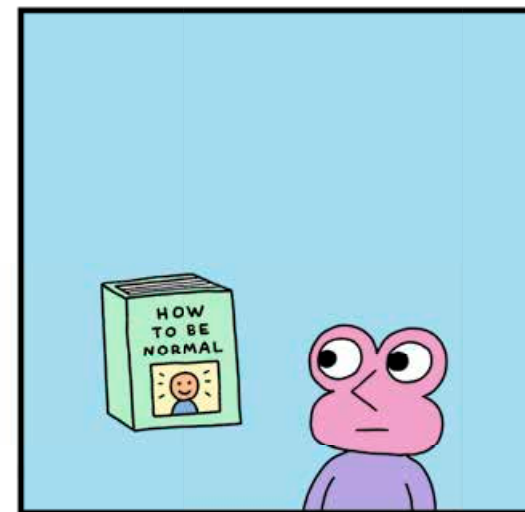
This book might seem very normal on the surface



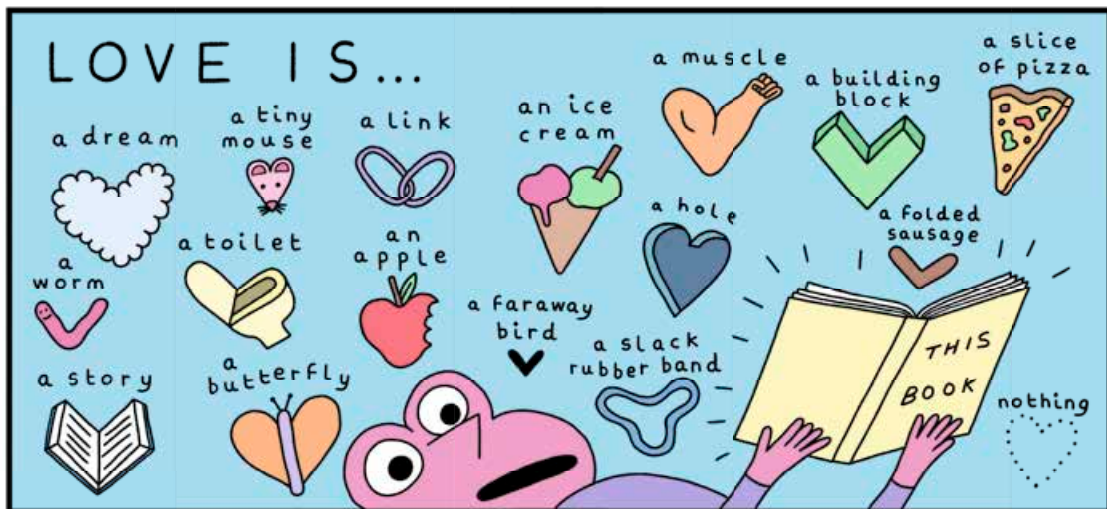
but like in any relationship



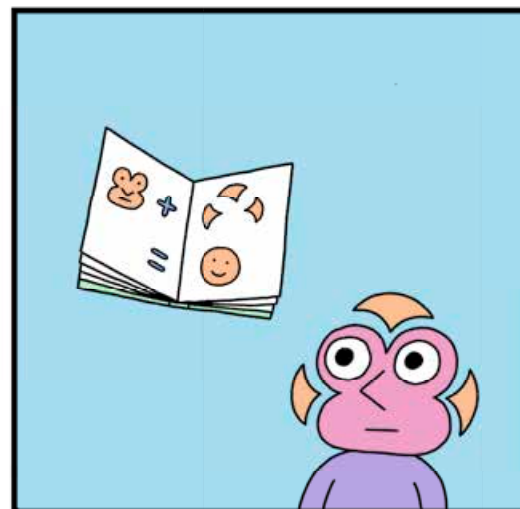
You may think you need to be "normal" to be loved.



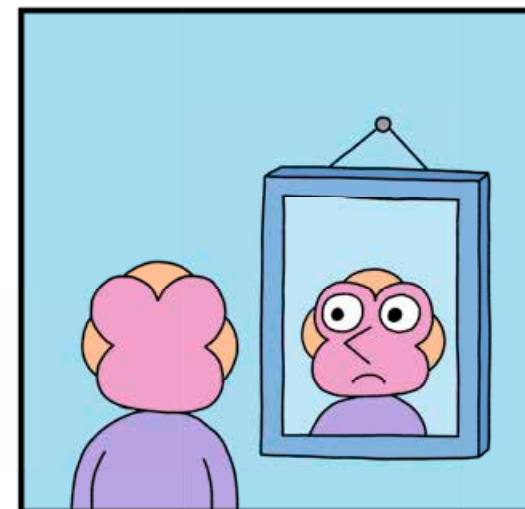
Maybe you are looking for a book that will help you fit in



once you get to know it, you'll realize this book is actually quite weird.



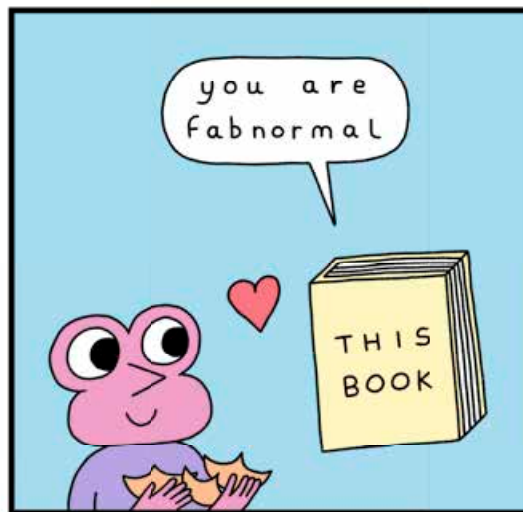
tell you the rules of love



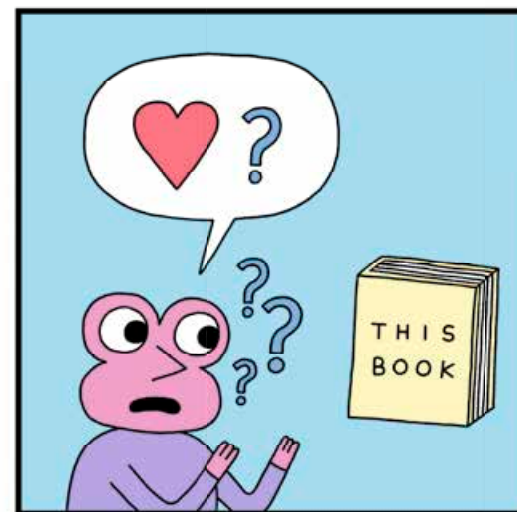
and how to follow them.



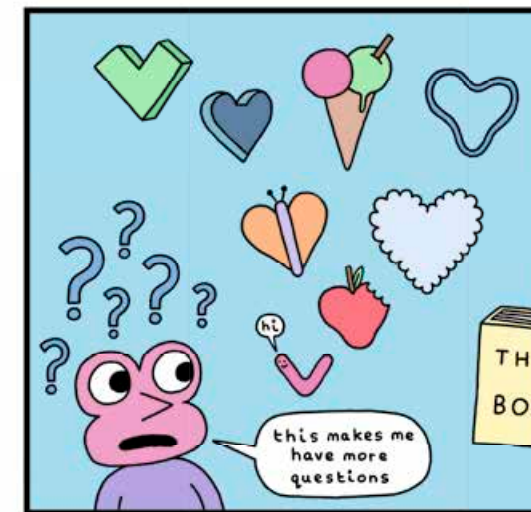
When it comes to love,
we are surrounded by
rules and conventions.



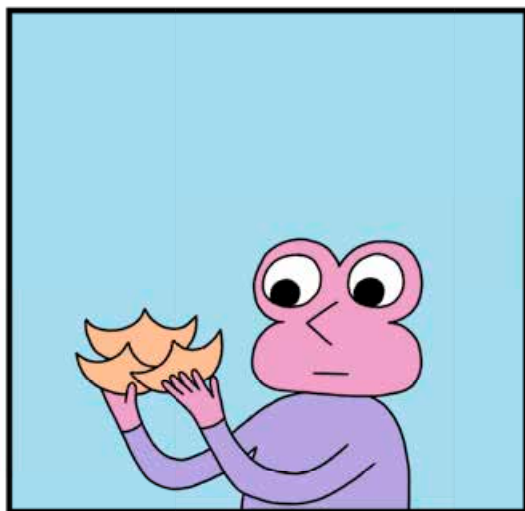
This book will show
you how absurd these
conventions can be



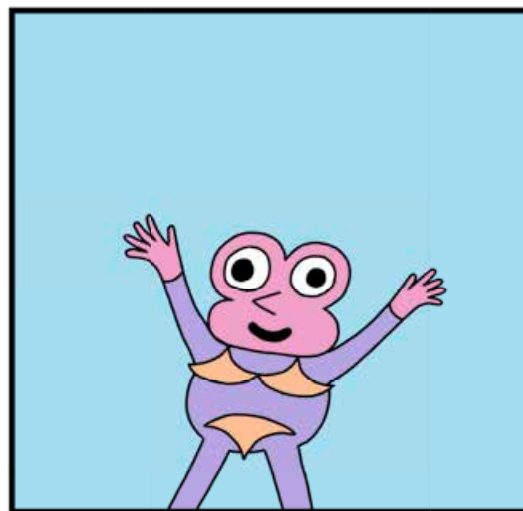
The ideas and metaphors
in this book are not
definitive answers



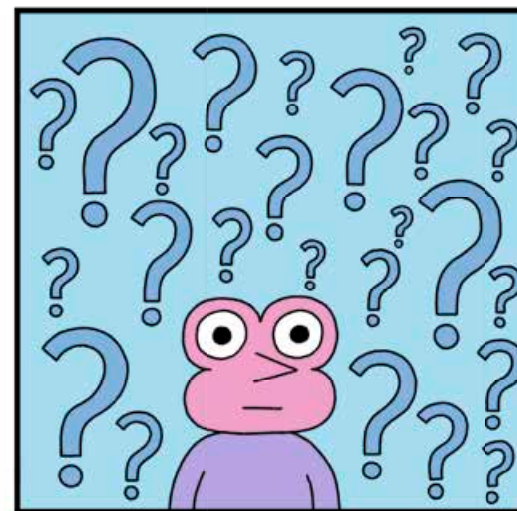
but they may help you to
see love in new ways



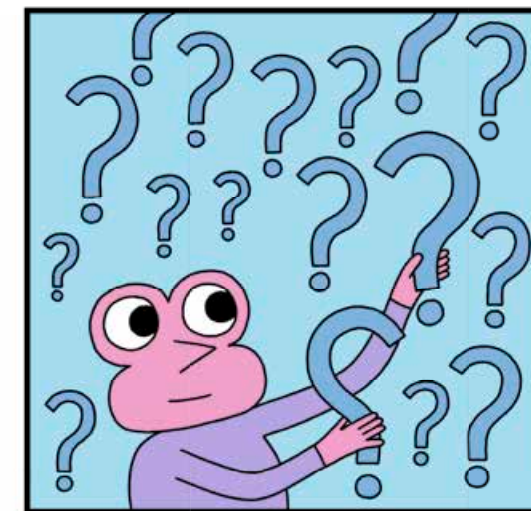
and explore other ways
of doing things



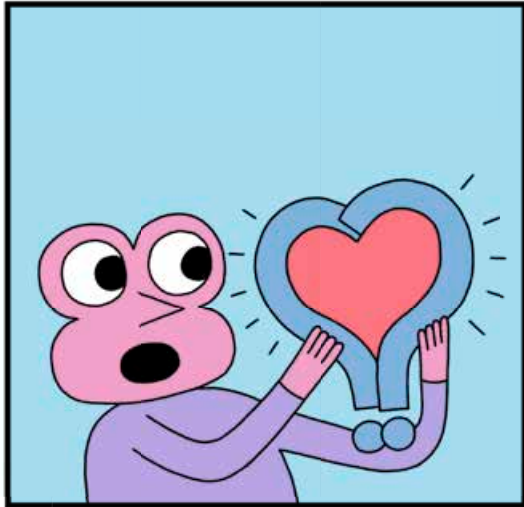
that might better suit YOU.



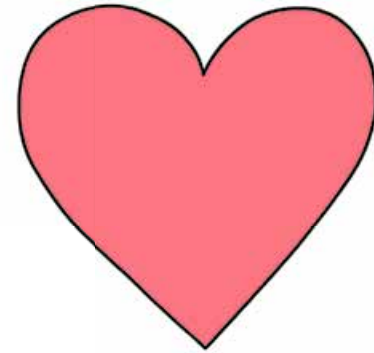
keep you questioning



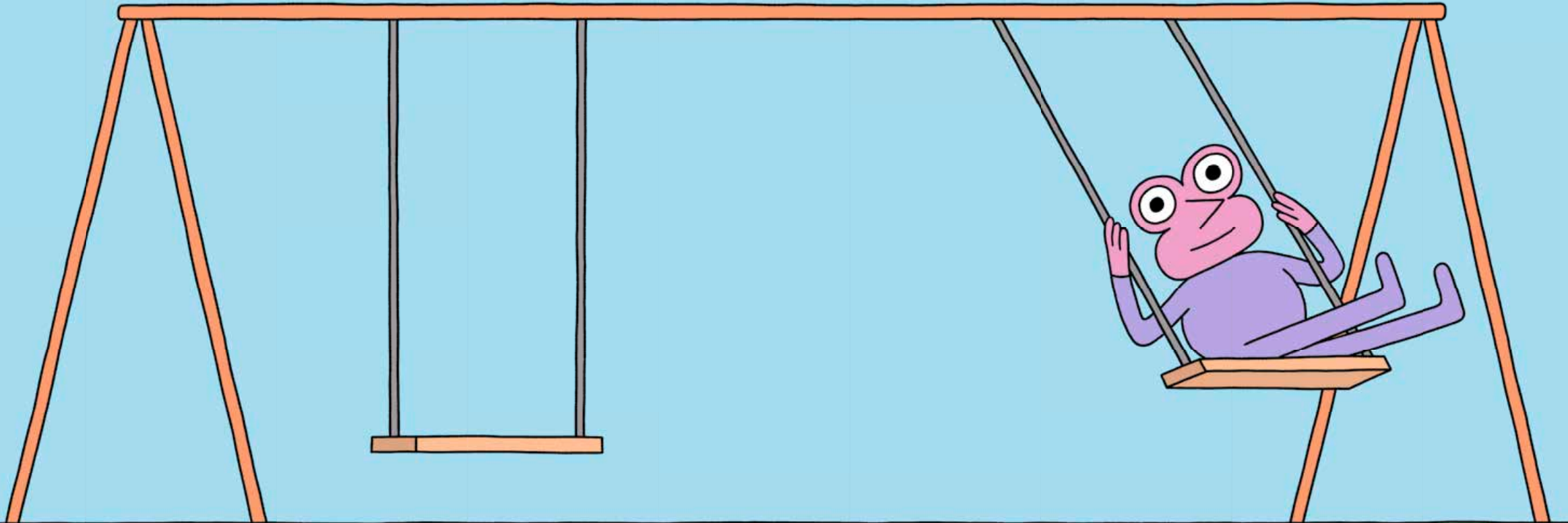
and exploring



so you can be free to build
your own approach to love.

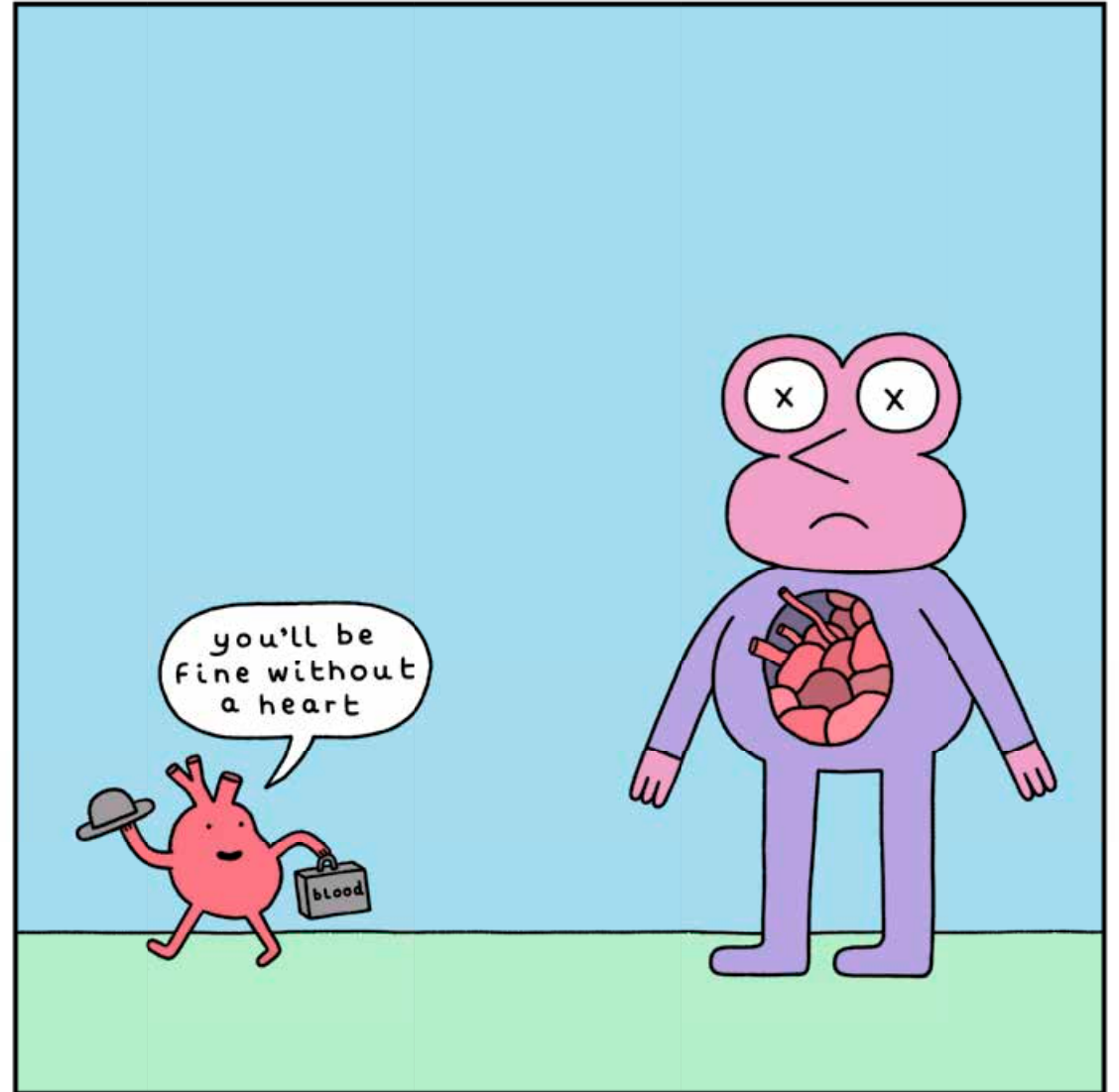


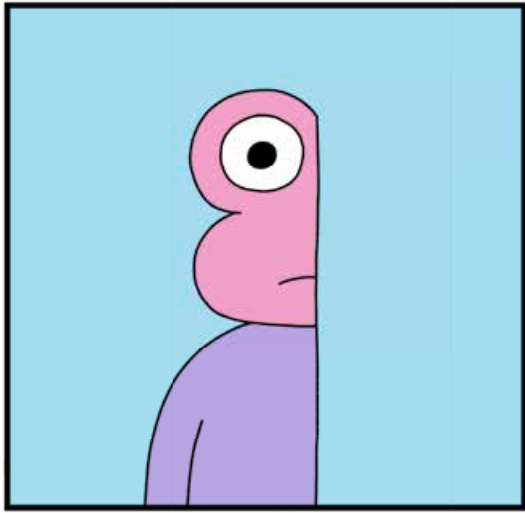
A L L B Y M Y S E L F



QUESTIONS ABOUT BEING SINGLE

DO I NEED LOVE?

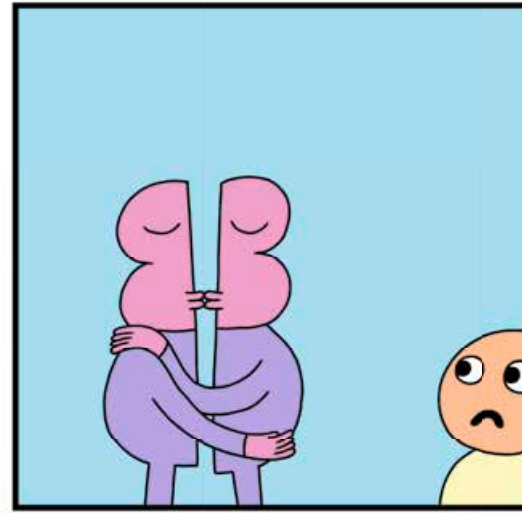




We all need love to feel truly whole



but you don't always need to find it in someone else.



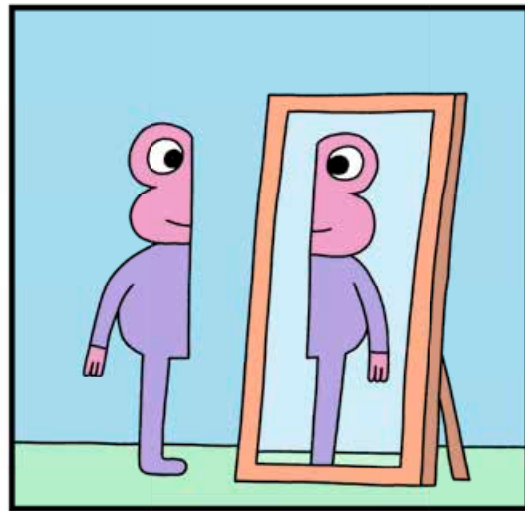
Self-love doesn't have to be narcissistic.



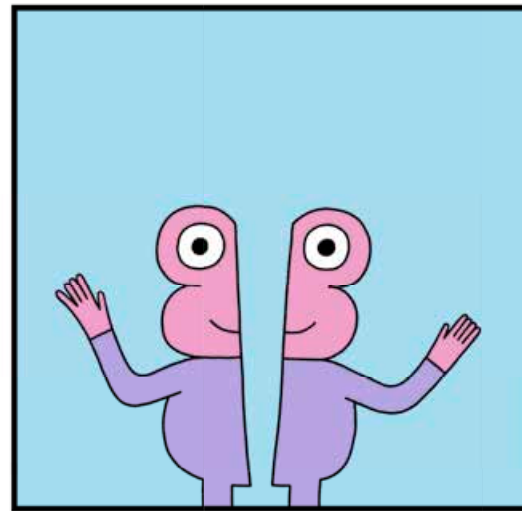
It doesn't have to be big and grand and unwavering.



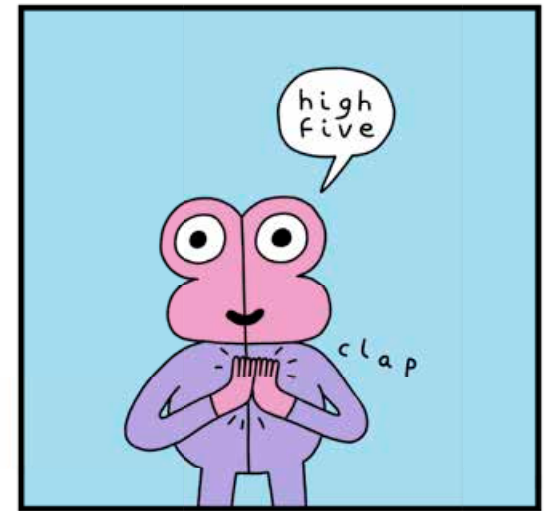
Sometimes the best place to find love



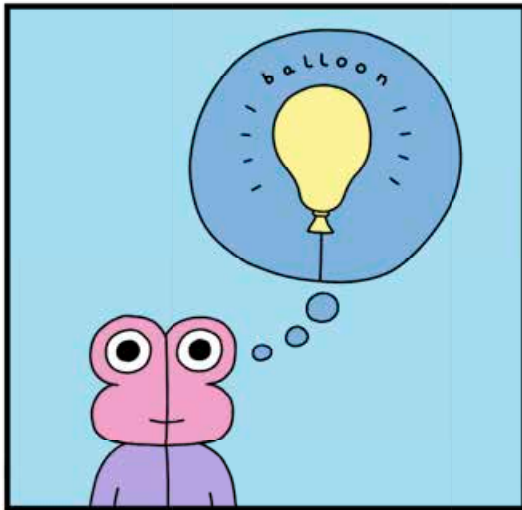
is in the mirror.



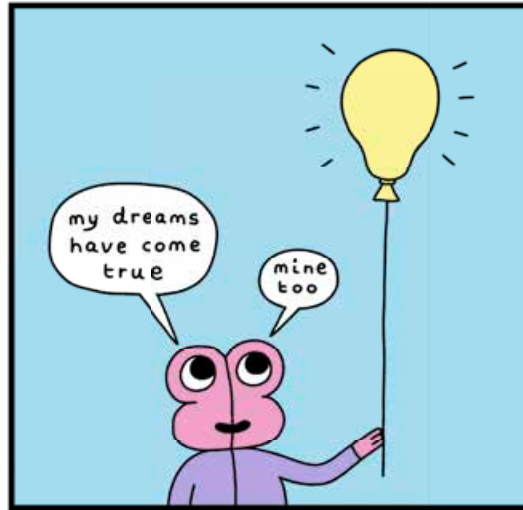
It can be as simple



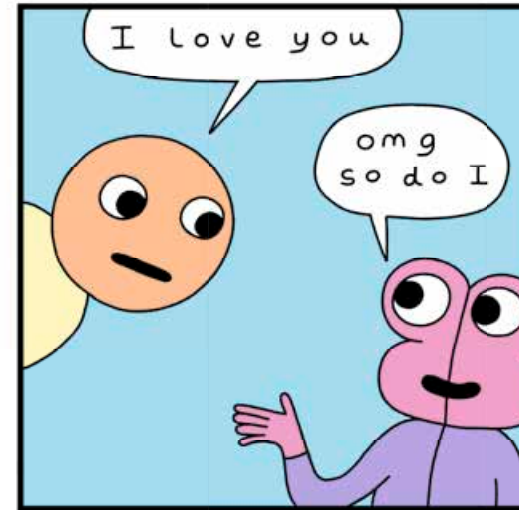
as teaming up with yourself.



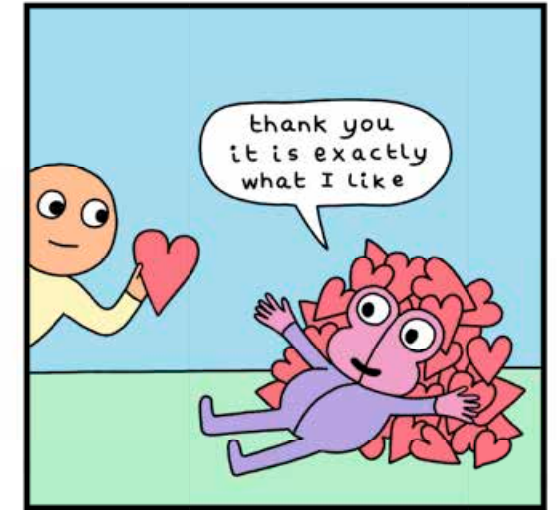
If you want someone who has the same needs, interests and aspirations as you



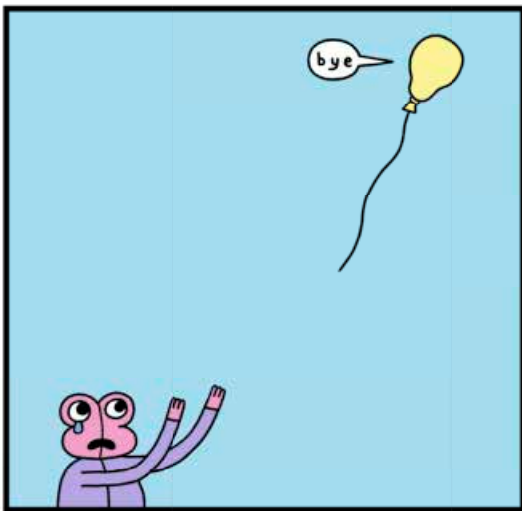
someone who understands you, who you can spend a lot of time with



Loving yourself means you will have more in common with those who love you.



Self-love can teach you how to accept love



and can offer you kindness, patience and support



you will find yourself very lovable.

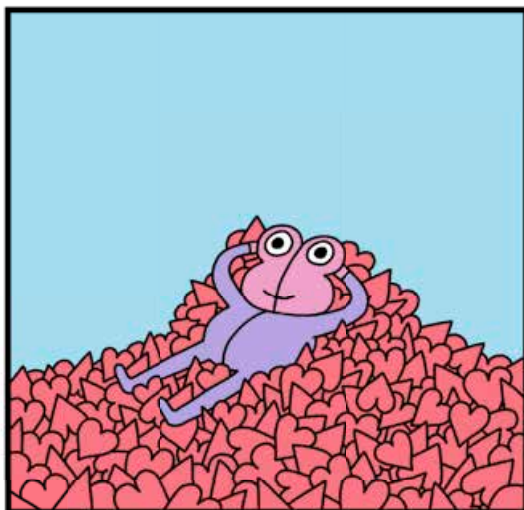


and how to give love to others.



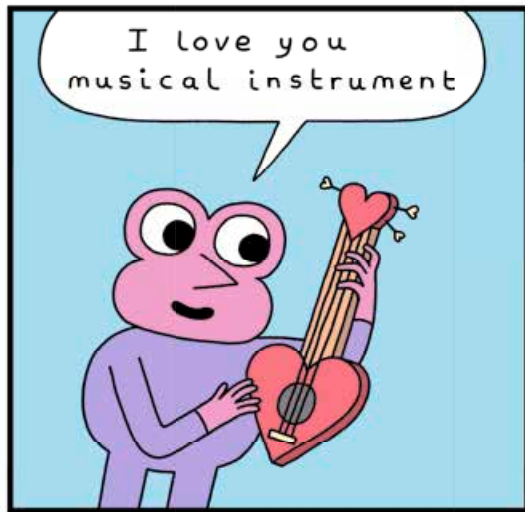
But it is also much easier to be by yourself

WHAT IF I LIKE BEING SINGLE?



once you learn to give yourself the love you need.





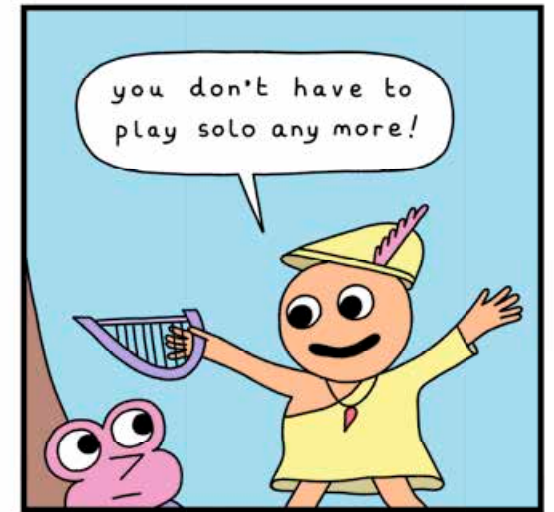
You don't need to pursue traditional romance



to have a wonderful life



But even if you are having a perfectly lovely time being single



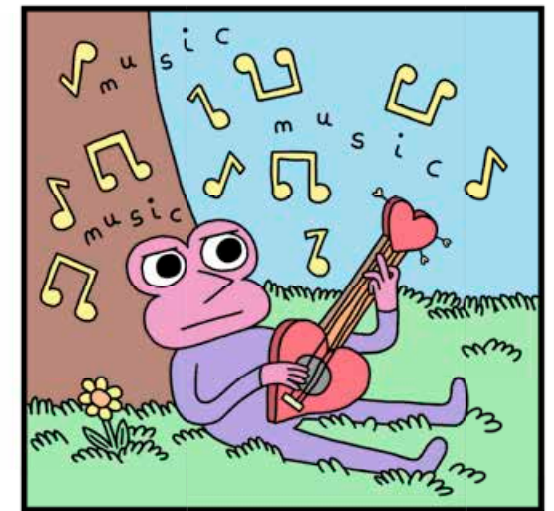
people may pressure you to change.



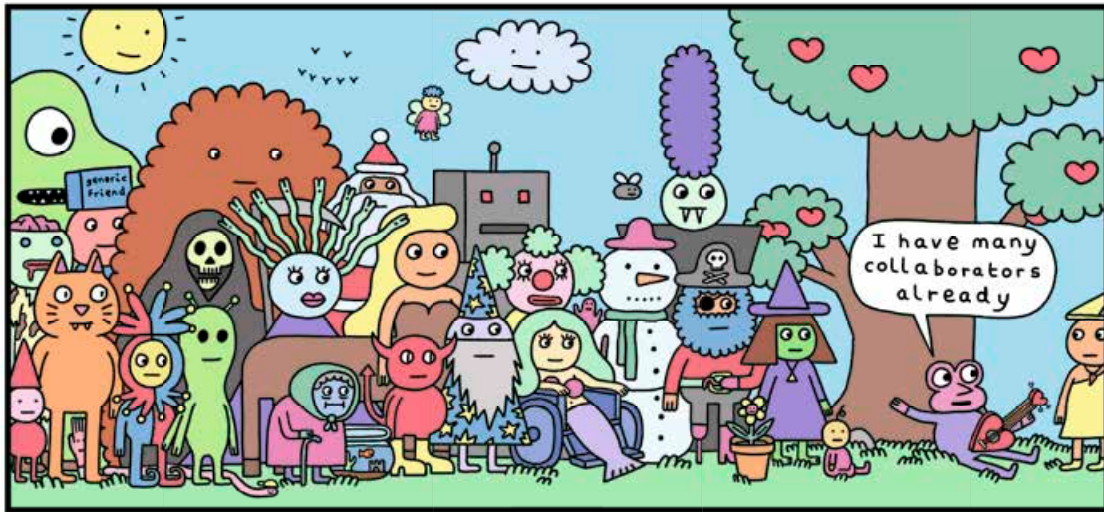
filled with intensity, intimacy, comfort, love, joy and passion.



They assume you must be unhappy and lonely



without a traditional romantic relationship.



Everyone has different types of relationships that are important to them:



heroes, mentors, neighbours, acquaintances, rivals.



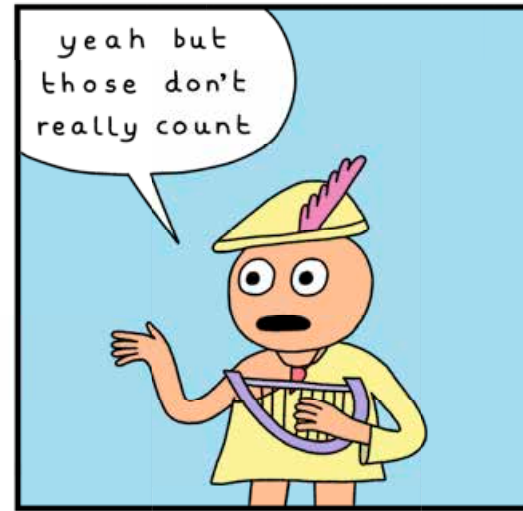
The truth is you are not "single" at all.



friends, family, companions, pets



colleagues, carers, teammates, allies



Traditional romance may fit into your life



but it also might not.



How you arrange
things is up to you.