



# Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself

*Beverly Engel*

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# Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself

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**Loving Him without Losing You: How to Stop Disappearing and Start Being Yourself** Beverly Engel

Are you a Disappearing Woman?

"Beverly Engel has identified a widespread problem and provided women with wise guidelines for bursting through it. She writes with compassion and insight. If you think you are a Disappearing Woman, you will drink in this book as if it were a health-giving elixir. It is!"-Susan Page, author of *How One of You Can Bring the Two of You Together* and *If I'm So Wonderful, Why Am I Still Single?*

"This remarkably helpful book offers new insights into why so many women surrender their individuality in relationships. Don't wait until your hair is on fire to read it."-Maxine Schnall, founder and Executive Director of *Wives Self Help*

"A book of depth and power. I highly recommend it not only to women who lose themselves in their relationships with men but to the parents of adolescent girls who need to be taught how to view themselves as valuable beings separate from their relationships with men and boys."-Michael Gurian, author of *The Good Son* and *A Fine Young Man*

Do you frequently find yourself putting your lover's needs ahead of your own? Do you tend to lose yourself in your romantic relationships? Have you ever neglected your career, your friends, or even your health while in the midst of a love affair?

Now, in this landmark book, Beverly Engel examines the intricate reasons why so many women submerge themselves in their relationships with men-and offers a straightforward, empowering program that you can use to free yourself from the powerful grip of this all-too-common problem and rediscover yourself as a Woman of Substance.

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