



# How Could You Do This to Me?

*Dr. Jane Greer*

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## **How Could You Do This to Me?** Dr. Jane Greer

How did I let this happen?

Why didn't I see this coming?

Did everyone see it but me?

Am I too trusting?

I can't let this happen again!

At one time or another, we have all been betrayed by someone we trusted. We have all felt the sting of deceit, the shattering of confidence. When the people we count on betray our trust, the wound is deep and long-lasting.

But it doesn't have to be this way. *How Could You Do This to Me?* shows you that you don't have to be the victim of broken trust, betrayal, or lies. Quite simply, trust is an active, not a passive, process. You can take control of your life by learning how to change your attitudes and expectations of others--be they spouse, lover, colleague, family member, or friend. *How Could You Do This to Me?* tells you how to spot the warning signs that someone you trust may actually be untrustworthy.

You'll learn about the roots of trust, why you may be trusting too blindly, and why betrayers betray. You'll meet the people most likely to betray your trust: rivals, who want to be better than you; admirers who want to be just like you; and users who, thinking only of themselves, take away all you've worked for. You will also learn to recognize the personal risk factors that make you vulnerable to broken trust. Finally, you will learn how to deal effectively with the fallout of betrayal--how to curb the desire for revenge, when and how to confront those who have let you down, as well as when to forgive, if possible, and move on. Most importantly, this book teaches you how to trust yourself again.

Betrayal shatters our self-esteem and can make us feel unsafe emotionally, physically, and financially. *How Could You Do This to Me?* will show you:

How to recognize the many faces and telltale signs of betrayers.

What you might be doing to make it easier for others to take advantage of you.

How to decide when a relationship is worth rebuilding, and when it's not.

And--most importantly--how you can learn to trust yourself again.

With intelligence and compassion, Dr. Jane Greer and Margery Rosen use case histories and stories to illustrate the different situations in which you can be betrayed--by opportunistic work colleagues, unfaithful lovers, admirers, friends, or family. *How Could You Do This to Me?* explores the emotional chronology of betrayal, teaches you how to recognize and defend yourself against people likely to betray you, and helps you to have faith in yourself again.

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