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Êtes-vous prêt pour la belle aventure, de vous libérer enfin de votre schéma de dépendance affective ? Oui ? Alors, amorcez ce travail en étudiant ce livre. Gardez-le un moment près de vous. Reprenez-le en main. Le chantier sera douloureux, plus ou moins long, mais le résultat sera là. Viendra le jour, peut-être d'ici quelques mois, ou dans un an ou deux... à votre rythme, vous aurez pris le recul suffisant pour affirmer : "Ça y est, je me sens mieux avec moi-même. Je m'apprécie. J'aime la personne que je suis." Et vous soupirez d'aise au sentiment que cela vous procurera.

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