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Wednesday at 4 PM Pacific

March 21st 2018:Tina Tessina-How to Be a Couple and Still Be Free

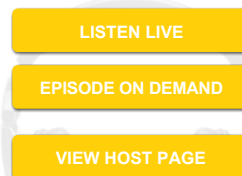
How to Be a Couple and Still Be Free by author Tina Tessina is the perfect tool for designing and creating a relationship unique to your individual personalities and situation. With it, any couple can learn to work together to create a loving, sustainable, healthy, and equal partnership that you will treasure. Have you ever wondered what the last twenty years of your life will look like? You can design your future when you decide to adopt a positive aging attitude free of aches, pains, and rocking in a chair. Life is short. Write your blueprint today with a little help from coach Cynthia Bri

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Featured Guest



Dr. Tina Tessina

Tina B. Tessina, Ph.D. (www.tinatessina.com) is a licensed psychotherapist in S. California since 1978 with over 40 years' experience in counseling individuals and couples and author of 14 books in 17 languages, including It Ends With You: Grow Up and Out of Dysfunction; The Ten Smartest Decisions a Woman Can Make After Forty; Love Styles: How to Celebrate Your Differences, The Real 13th Step , How to Be Happy Partners: Working it Out Together and How to Be a Couple and Still Be Free. She writes the "Dr. Romance" blog (drromance.typepad.com), and the "Happiness Tips from Tina" email newsletter. Online, she's known as "Dr. Romance" Dr. Tessina appears fre

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