



# Love Cycles: The Five Essential Stages of Lasting Love

*Linda Carroll*

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## Love Cycles: The Five Essential Stages of Lasting Love Linda Carroll

In *Love Cycles*, veteran couples therapist Linda Carroll presents a groundbreaking model of the five natural stages of romantic relationships — the Merge, Doubt and Denial, Disillusionment, Decision, and Wholehearted Love — and a guide for navigating through them toward lasting love. *Love Cycles* helps readers understand where they are in the cycle of their relationship and provides a clear strategy for how to stay happy and committed, even in difficult times.

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