

What's Your Favorite Flavor Of Ice Cream? - Lara Sansen

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Are you looking for a safe, healthy, and fun relationship? Are you trying to improve intimacy both emotional and physical within your relationship? Do you know how to spot the most destructive red flags that signal trouble ahead? In *What's Your Favorite Flavor of Ice Cream?* life coach Lara Sansen doesn't just hand you a stock answer; she shares some of the best questions you can ask to find your own solutions. She has worked with hundreds of clients, dealing with a variety of roadblocks to their own happiness, including stress, doubt, trust issues, trauma, abuse, violence, and shyness. In her research, she has found that there are compelling similarities between the personalities of people and their "favorite flavor of ice creams." This has inspired her to create *Understanding*, a virtual analogy of ice-cream flavors, that is unique to each person's personality. Here, she invites you to see which of those tantalizing flavors will taste the best on your tongue. This self-help guide is designed to inspire productive communication and conversation to enhance your life. At the end of each fun-filled chapter, Sansen offers a list of provocative questions. You can use to better relate to those around you, when you know their "Favorite Flavor of ice cream". Boredom in the bedroom does not have to be a lifelong affliction. Ask, and you can receive a better love life.

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