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# THE REAL FORMULA FOR ACHIEVING HEALTHY RELATIONSHIPS



GET REAL INSIGHT FROM  
LAURA MCPHERSON, LPC, LMFT

***It's Me, Not You* provides keys for making and fostering healthy relationships.**

**The acronym REAL is used as a formula for understanding and keeping healthy relationships. REAL represents Resentments, Expectations, Acceptance and Letting Go. The vignettes get right to the point and give us everyday examples of how to develop and keep our relationships healthy.**

***It's Me, Not You* is part of the REAL Influence™ series, A Foundation for Healthy Relationships.**



*Laura paints a clear picture of how to achieve healthy relationships...Readers will benefit from the substance this book delivers.*

—Evelyn Johnson-Taylor, Ph.D  
Author, Speaker,  
Theology Professor

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