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Unavailable And

The Fallback

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And The

Natalie Lue

Fallback

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Natalie Lue

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Mr Unavailable \u0026amp;  
the Fallback Girl Book  
Trailer

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Mr Unavailable and the  
Fallback Girl  
(Audiobook) by Natalie  
Lue

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Mr Unavailable And  
The Women Who Love  
Him | Ask Andrea Why  
*The Universe Sends You  
Unavailable Men /  
Relationship Advice for  
Women by Mat Boggs  
Does "No Contact"  
Work On Emotionally  
Unavailable Men?  
Confessions of an  
emotionally unavailable  
man: My epic apology  
to women* **FP360 #122:**

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**How to Know that a  
Guy is Emotionally  
Unavailable, 3 Tips in  
less than 60 seconds**

But we have so much in  
common! Er...no you  
don't! You're Trying to  
Show Your Love But  
Instead They See You  
Don't Love Yourself  
Enough Understanding  
Benchmark Fallbacks  
Future Fakers Proof  
That Men Are Waking

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Up To The Dysfunction:  
Is The Crimson Capsule  
Going Mainstream?  
Emotional

~~Unavailability and  
Being \ "Nice\ "~~ Avoid  
Being Tricked By These  
3 Types Of Emotionally  
Unavailable Men

---

Emotional  
Unavailability and  
Delayed Responding  
How To Spot An  
Emotionally

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Unavailable Partner | And

Male Personality Types

In Dating **Emotionally**

**Unavailable Men +**

**How to Spot them +**

**What to Do** *Are they*

*emotionally*

*unavailable? Or, just*

*holding back. What to*

**do when you're in love**

**with an unavailable**

**man 5 Shocking Things**

**To Do When A Man**

**Pulls Away Or Needs**



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Space + Say THIS And

When He Comes Back!

8 Signs of Emotional

Unavailability fallback

girl *The Signs of an*

*Unavailable Man* Books

You'll Love *Stop*

*Falling for Mr*

*Unavailable If He's*

*Emotionally*

*Unavailable Or*

*Breadcrumbing You, Do*

*This... How to Stop*

*Dating UNAVAILABLE*

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MEN! 7 Signs You're  
Dating an Emotionally  
Unavailable Person |  
2020

---

How to Get An  
Unavailable Guy To  
Want You Mr  
Unavailable And The  
Fallback  
Inspired by the real life  
adventures in  
unavailability of Natalie  
Lue and the readers of  
her site

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BaggageReclaim.com, And

Mr Unavailable and the

Fallback Girl is an

empowering,

entertaining and

inspiring read that will

wise you up to pitfalls

such as men who aren't

over their exes, Future

Fakers, guys that have

more baggage than a

Heathrow terminal and

reappearing childhood

'sweethearts'.

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Mr. Unavailable and the  
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adventures in  
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and the Fallback Girl is  
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over their exes, Future  
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her site Baggage And

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'sweethearts'.

The Fallback

?Mr Unavailable and  
the FallBack Girl en

Apple Books

Mr Unavailable & the  
Fallback Girl (2008)

provides a lifeline for  
anyone who keeps  
getting messed around  
by emotionally  
unavailable partners.

With searing personal  
insights, tough love, and

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a large dose of humor,  
Mr Unavailable is an  
essential guide to  
breaking destructive  
relationship patterns and  
finding love. Natalie  
Lue is the self-described  
Marie Kondo for  
emotional baggage.

Mr Unavailable & the  
Fallback Girl by Natalie  
Lue

Quotes from Mr

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Unavailable and... “Mr  
Unavailable’s  
inadvertently complicit  
partner is you, the  
Fallback Girl, the  
woman he habitually  
defaults to or ‘falls  
back’ on to have his  
needs met while selling  
you short in the process.

Mr Unavailable and the  
Fallback Girl by Natalie  
Lue

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Mr Unavailable and the  
Fallback Girl is the  
definitive guide to  
understanding the  
relationship between  
emotionally unavailable  
men and the women  
who love them. From  
explaining how and why  
they blow hot and cold  
to where that future they  
promised went to, how  
you've ended up being a  
booty call, why you've

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been together for a gazillion years but aren't going anywhere, and more importantly how and why you're involved with them in the first place, all of the answers are here.

Mr Unavailable and the Fallback Girl by Natalie Lue ...

Mr Unavailable and the Fallback Girl Quotes

*Page 19/69*

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Showing 1-22 of 22.

“Mr Unavailable’s inadvertently complicit partner is you, the Fallback Girl, the woman he habitually defaults to or ‘falls back’ on to have his needs met while selling you short in the process.

Mr Unavailable and the  
Fallback Girl Quotes by  
Natalie Lue

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Mr Unavailable and the Fallback Girl is the definitive guide to understanding the relationship between emotionally unavailable men and the women that love them. From explaining how and why they blow hot and cold, to where that future they promised went to, how you've ended up being a booty call, why

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you've been together  
for a gazillion years but  
aren't going anywhere,  
and more importantly  
how and why you're  
involved with them in  
the first place, all of the  
answers are here.

Mr Unavailable & The  
Fallback Girl - Baggage  
Reclaim with ...

Mr Unavailable and The  
Fallback Girl. 4,889

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likes · 7 talking about  
this. Emotional  
unavailability,  
commitment-resistance,  
self-esteem, modern  
dating

Mr Unavailable and The  
Fallback Girl - Home |  
Facebook

The trouble with  
Fallback Girls is that  
you can commit, it's  
just that you'll commit

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to anything that comes  
in the package of Mr  
Unavailable! If he  
comes in the package of  
say a Half-Decent  
Emotionally Available  
Guy, you can barely  
commit to an evening  
out, never mind a  
relationship!

The Fallback Girl is Mr  
Unavailable's  
Disgruntled Customer

*Page 24/69*



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Inspired by the real life  
adventures in  
unavailability of Natalie  
Lue and the readers of  
her site

BaggageReclaim.com,  
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empowering,  
entertaining and  
inspiring read that will  
wise you up to pitfalls  
such as men who aren't  
over their exes, Future

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Fakers, guys that have more baggage than a Heathrow terminal and reappearing childhood 'sweethearts'.

[PDF] Mr Unavailable  
And The Fallback Girl  
Download Full ...

Inspired by the real life adventures in unavailability of Natalie Lue and the readers of her site, Mr Unavailable

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and the Fallback Girl is an empowering, entertaining and inspiring read that will wise you up to pitfalls such as men who aren't over their exes, Future Fakers, guys that have more baggage than a Heathrow terminal and reappearing childhood 'sweethearts'.

9781450540391: Mr.

*Page 27/69*

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Lue and the readers of her site *Baggage*

*Reclaim*, Mr

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such as men who aren't over their exes, Future Fakers, guys that have more baggage than a Heathrow terminal and reappearing childhood 'sweethearts'.

Mr Unavailable and the FallBack Girl by Natalie Lue | NOOK ...

Mr Unavailable knows that certain women are very receptive to his

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behaviour and if you've  
burned up mental and  
emotional energy trying  
to figure him out,  
wondering what you did  
wrong, and trying to...

Are you a fallback girl?

- Cosmopolitan

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adventures in  
unavailability of Natalie  
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love them.

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Amazon.co.uk: Lue

NML ...

Natalie Lue's' book, Mr

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Fallback Girl, a guide to

emotionally unavailable

men and the women that

love them is availble at

baggagereclaim.co.uk

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Types of fallback girl -

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who love them. From

explaining how and why

they blow hot and cold

to where that future they

promised went to, how

you've ended up being a

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booty call, why you've been together for a gazillion years but aren't going anywhere, and more importantly how and why you're involved with them in the first place, all of the answers are here.

Are you the Fallback Girl? If you've ever

*Page 35/69*

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found yourself in a relationship that feels and seemingly looks like one but you're struggling with commitment or you've been in the ambiguous territory of a 'casual relationship', you've likely tried to change them, wondered what you 'did' to cause this, what you can do to win their love and

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commitment, or even  
whether you're going  
crazy. Mr Unavailable  
and the Fallback Girl is  
the definitive guide to  
understanding the  
relationship between  
emotionally unavailable  
men and the women that  
love them. From  
explaining how and why  
they blow hot and cold,  
to where that future they  
promised went to, how

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you've ended up being a  
booty call, why you've  
been together for a  
gazillion years but aren't  
going anywhere, and  
more importantly how  
and why you're involved  
with them in the first  
place, all of the answers  
are here. You know  
you're dealing with  
unavailability when you  
ask stuff like What  
happened to that 'great

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guy' from the beginning? Why won't he break up or stay away if he doesn't want to commit? What the hell did I do to make him disappear? Is he going to leave 'her' for me? It's because he's shy/busy/scared of his feelings isn't it? Inspired by the real life adventures in unavailability of Natalie

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reappearing childhood  
'sweethearts'. If you  
want to understand your  
own availability, and  
why commitment in a  
healthy relationship is  
eluding you, Mr  
Unavailable and the  
Fallback Girl is your  
guide to being available  
and attracted to healthy,  
available partners. Note  
- the book is in British  
English not US English.

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Break Free from  
Unfulfilling

Relationship Patterns

Psychotherapist Dr.

Marni Feuerman offers profound and insightful advice for all those who find themselves in painful and unsatisfying relationships again and again. She offers explanations and solutions for why we

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attract and accept poor treatment, experience a lack of emotional connection from romantic partners, and often reject the good ones. Based on the science of love, neurobiology, and attachment, as well as Dr. Feuerman's clinical experience, this book will help you recognize why you get stuck and

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how to change these  
patterns for good. Her  
practical guidance,  
illustrated by real-life  
examples, will teach  
you how to spot and exit  
these situations and  
create healthy  
relationships that  
provide the love and  
support you deserve.

Most people if asked,  
would deny that they'd

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ever had a fantasy relationship as they're associated with pretending to be with somebody or in something that's non-existent, however, it's time for you to change what you think you know. Struggled to get over a relationship that didn't truly exist? Don't understand how you wound up spending

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years with someone you hardly see? In love before you've even gone on that first date with somebody you met on dating site? Keep letting your assumptions and projections run away with you? In this modern age of texts, email, Facebook, online dating, and casual relationships, it's never been so easy to have a

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fantasy relationship. An increasing number of people are satisfied with sprinklings of attention and interaction, because they can have the illusion of being loved, cared for, and in control, while also avoiding commitment, intimacy, and 'full-on' rejection. The Dreamer and the Fantasy Relationship explains

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how fantasy  
relationships work, why  
they're so attractive, and  
the types of fantasy  
relationship and people  
that you're likely to be  
involved with. A  
companion book to Mr  
Unavailable and the  
Fallback Girl, the no  
holds barred guide to  
understanding emotional  
unavailability, author  
Natalie of popular



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relationship and self-esteem blog Baggage Reclaim, gets to the heart of the issue so that you can reclaim your power. Packed with practical tips and tools for breaking the habit, and tackling issues such as fear of abandonment, rejection, criticism, and conflict, Natalie's empowering and often humourous take on

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fantasy relationships  
will help you to take  
action in your present  
and find happiness and  
increased sense of self  
in reality.

You're trying to get over  
your ex, yet you're still  
in touch and have ended  
up being their back-up  
plan. Maybe you haven't  
left yet, but you want to  
and just don't know

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how. Maybe you're tired of doing the lather, rinse, repeat of getting back together and winding back at square one. It's time to cut contact. The No Contact Rule is an inspiring guide to extinguishing the temptation to stay in touch or to keep engaging, helping you to reclaim your sense of self and move on to a

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healthier relationship.

Through her popular blog *Baggage Reclaim*, Natalie Lue has helped

thousands of people

break free from

unhealthy relationships

and breakups after using

No Contact to kick a

toxic relationship and

transform her life.

Discover what 'NC' is

and how to do it, how to

break an unhealthy

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cycle and navigate And  
various situations - from  
Facebook to pesky texts,  
working together,  
sharing a child or  
feeling trapped by your  
feelings and thoughts.  
Cut contact and put the  
focus on you. By  
treating you with the  
love, care, trust and  
respect you deserve, this  
could be one of the best  
decisions you've ever

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made.

The landscape of love is littered with people

injured by love time and time again. And so they hobble from one bad relationship to another.

But it doesn't have to be that way. Noted

psychologist Seth

Meyers, PsyD--aka Dr.

Seth--has developed a

foolproof four-step cure

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for Relationship And

Repetition Syndrome

(RRS). With this book,

you can avoid making

the same mistakes in

your love life over and

over again. With

behavioral exercises and

questionnaires designed

to reveal the RRS

behaviors that sabotage

love, you'll learn why

your relationships have

failed, and how you can

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love more wisely--and happily--the next time. Armed with Dr. Seth's unique love action plan, you can put the pain of dead-end relationships behind you and find true love that lasts--forever cured of RRS!

Know Thine Toxic Man. Toxic men come in all shapes, sizes, and dysfunctions. The trick



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is to know one when you see one--and how to deal with him. In this book, bestselling author and therapist Dr. Lillian Glass shows you how to identify toxic men, and gives you the specific tools you need to avoid them when you can--and handle them effectively when you cannot. This groundbreaking look at toxic men and the

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women who are And

involved with them

offers a three-part

approach: Part One: 10

types of toxic men, from

the "Sneaky Passive

Aggressive Silent But

Deadly Erupting

Volcano" to the

"Instigating

Backstabbing Meddler"

Part Two: 10 ways to

deal with toxic men,

including the "Blow

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Out, Let It Go

"Technique" and the  
"Give Them Hell and  
Yell Technique" Part

Three: How to heal after  
a toxic relationship,  
from getting  
professional help to  
making amends With  
Dr. Glass's profound yet  
practical advice, you  
can take charge of your  
life--and rid your  
relationships of toxic

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men once and for all.

Whether you're struggling to date a decent guy or are already trapped in a toxic relationship, Dr. Glass gives you the answers you need to leave dysfunction behind--and find a man capable of a health, loving relationship.

Two books in one,

*Page 60/69*

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providing emotional  
healing for both men  
and women.

Kindle Edition

Offers tools and  
techniques to help  
energize a relationship  
with a hostile, distant  
and emotionally  
unavailable partner,  
including how to  
identify the different  
unavailable personality  
types, create new

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emotional connections  
and eliminate habits of  
self-sabotage. Original.

'Love, care, trust and  
respect are the  
cornerstones of every  
loving relationship.' In  
the quest to love and be  
loved, it can feel as if  
you've tried it every  
which way and yet,  
nothing is ever enough,  
leaving you wondering,

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'What's wrong with me?'

or lamenting your  
emotional baggage.

How can you 'get' love,

care, trust and respect

when you don't know

what it is or you don't

believe that you can or

will receive it? Love,

Care, Trust & Respect is

a guide to the vital

ingredients of loving

relationships. There are

many so-called rules

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and Natalie Lue, author of the popular self-help blog, *Baggage Reclaim*, explains why these don't work, instead offering universal principles that apply in every mutually fulfilling loving relationship. Discover:

- The five landmarks of healthy relationships
- The four essential qualities for a loving partner
- The key



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relationship blocks, why they cause pain, fear and guilt, and how to dissolve them The purpose of your relationships and how to recognise and practise love, care, trust and respect NEVER SETTLE FOR CRUMBS AGAIN

If you're afraid you might be in a

*Page 65/69*

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"relationship" with an  
Emotionally  
Unavailable Man, or, if  
you just want to learn  
how to recognize one so  
you can avoid him from  
the get-go, then this  
book is for you!

Emotionally unavailable  
men (EUMs) are some  
of the worst men to be  
in a relationship with.  
They don't want to form  
a stable bond with you;

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instead they choose to spend as little time as possible with you, using you for fun but not for a true connection. If you've been in a relationship with an EUM, or have been around a few for any length of time, you'll know that they come in as many varieties as there are layers in an onion. They can't be

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differentiated based on looks, intelligence, tastes, age, or any other easily identifiable attributes at first glance.

However they do the most damage in a relationship, and are often quite mentally and emotionally scarring to be involved with. How, then, should you go about identifying them?

There are plenty of traits

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that they do share in  
common, and you will  
be able to identify these  
but only if you know  
where to look. And that  
is exactly what we'll be  
discussing in this book.

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