

[PDF] The Truth About Love: The Highs, The Lows, And How You Can Make It Last Forever

Dr. Patricia Love - pdf download free book



Books Details:

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Author: Dr. Patricia Love

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Description:

From Library Journal Love, a family and marriage therapist and coauthor of *Hot Monogamy*, here offers hope to those who feel that the flame of amour has gone out. She explains that all relationships go through predictable patterns and outlines the four up-and-down stages of love: Infatuation, Post-Rapture, Discovery, and Connection. She explains how physiological changes account for some of the intense feelings brought on by initial attraction for example, how

phenylethylamine, dopamine, and norpinephrine combine to create the natural high new lovers feel that helps them bond. Love goes on to explain that this heady infatuation stage, glorious as it may be, is not what love is really about. She explodes myths that can destroy relationships, such as "If my partner really loved me s/he'd know what I wanted all the time." Other potential problems, as when a couple has different priorities for their relationship, are outlined and addressed. Including quizzes and lists of questions for discussion, this fluidly written book is recommended for all public libraries. Copyright 2001 Reed Business Information, Inc.

Review Harville Hendrix, Ph.D. and Helen Lakelly Hunt, M.A. The most realistic and practical book on love that we have seen. Every couple wanting to deepen or save their relationship should read it.

John Gray author of *Men Are from Mars, Women Are from Venus* Pat Love has given us a new way of understanding and improving relationships. An extraordinary book.

Michele Weiner-Davis author of *Divorce Busting* and *Getting Through to the Man You Love* With wisdom, compassion, humor, and grace, Pat Love gently nudges us away from our dearly held notions about relationships and teaches us what is truly the heart and soul of love.

William Glasser, M.D. author of *Getting Together and Staying Together* A fascinating look into the chemistry of love and the realities of relationships; a book that opens the door, too long closed, to success in marriage.

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