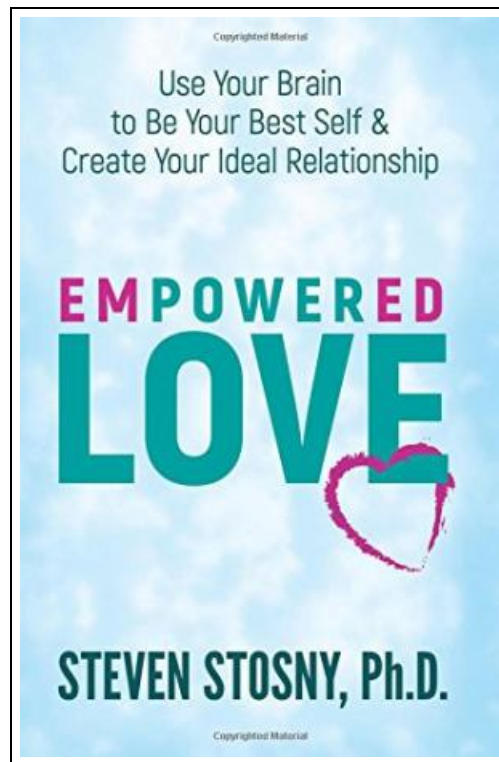


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Reviews

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POWER LOVE: USE YOUR BRAIN TO BE YOUR BEST SELF AND CREATE YOUR IDEAL RELATIONSHIP (HARDBACK)



Dover Publications Inc., United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Ever wonder why your self-control, rationality, and compassion seem to go out the window when dealing with your partner? Couples therapist and relationship expert Steven Stosny explains it all in this revelatory book about the divide between our adult and our toddler brains. Too often, conflict in our intimate relationships reactivates our least-regulated toddler side, bringing out an instinctive desire to assert our own way and make everything a zero-sum game. Dr. Stosny shows the way toward overcoming these destructive impulses and nurturing our more loving and clear-eyed inclinations. Drawing upon his decades of experience in working with troubled marriages, he distills his insights into an actionable guide for embracing our best impulses in our relationships. Empowered Love is a valuable guide for married and live-in couples who struggle with an unhealthy dynamic; those already in individual or couples therapy who want a highly effective aid to help them communicate with their partner; and licensed therapists and counselors looking for an in-depth perspective on the developmental stages in play with relationship strife. Readers will garner valuable negotiating strategies, learn interactive exercises (including a bedroom scoreboard) to engage more proactively with their partners, and apply practical knowledge on shepherding their own relationships away from destructive behaviors and toward a unifying, durable connection. Readers on the lookout for self-development and a deeper loving connection with their partner will find ideas and guidance galore in this sensible relationship manual. -- Kirkus Reviews This book is for anyone who wants to learn from their painful relational past; rescue and revive a current relationship; and receive promise and hope for their future. This refreshingly brilliant book not only identifies the bottom line issues in relationships, it provides a concrete...



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