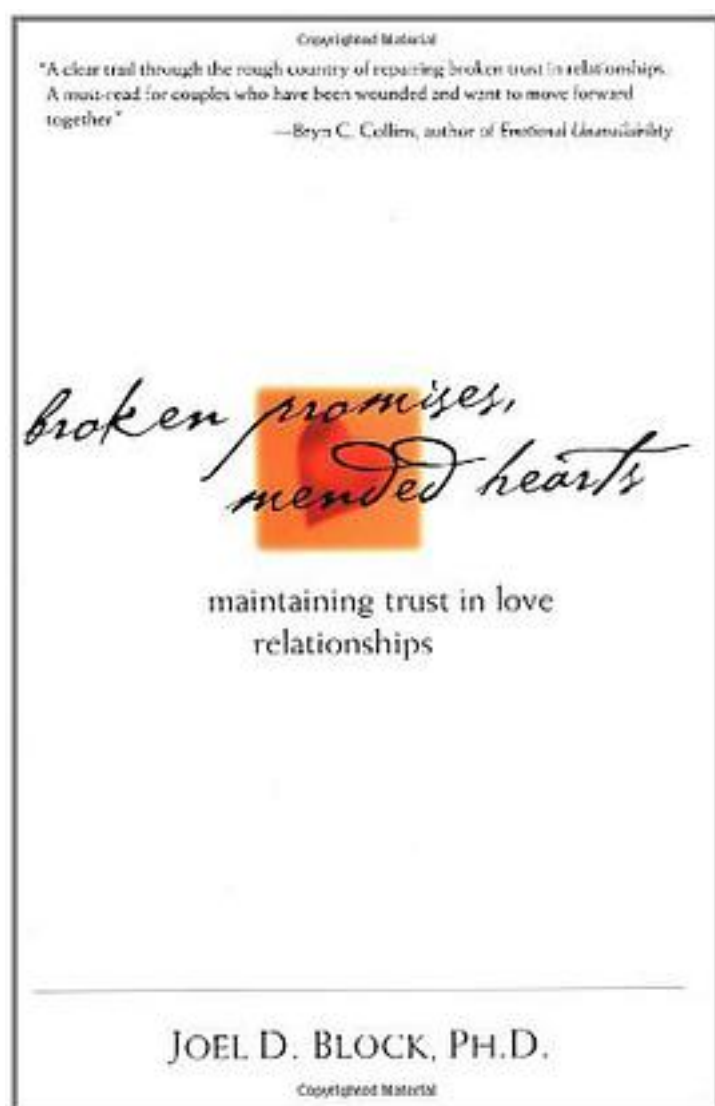


Broken Promises, Mended Hearts



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著者:Block, Joel D.

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Praise for "Broken Promises, Mended Hearts" includes: 'Dr. Joel Block brings us back to the real possibility of personal enrichment and happiness that a love-trust relationship brings. He explains that there is no 'us' without trust' - Daniel Araoz, Founder of the "American Journal of Family Therapy". A small lie about a purchase, a slight exaggeration about a job promotion, a cover-up about a forgotten birthday. According to renowned psychologist Joel D. Block, it is these common, everyday breaches of trust that erode even the strongest relationships, often as much as sexual infidelity. Over time, intimate confidences are weakened and the foundation of trust - and the relationship itself - begins to crumble. "Broken Promises, Mended Hearts" offers couples and individuals innovative, solution-oriented approach to restoring trust and repairing love relationships damaged by mistrust. Filled with inspiring case studies and numerous self-diagnostic tests, Dr. Block discusses: understanding the influence of your past relationships; dealing with jealousy, the destroyer of trust; overcoming feelings of inadequacy; saving the relationship after an affair; and, knowing when it's time to leave. Trust is the bedrock of any love relationship. It is the bloodline of romantic passion. And it is Dr. Block's firm belief that when couples feel emotionally safe with each other - when they trust each other - their relationship is more open, uninhibited, and passionate.

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