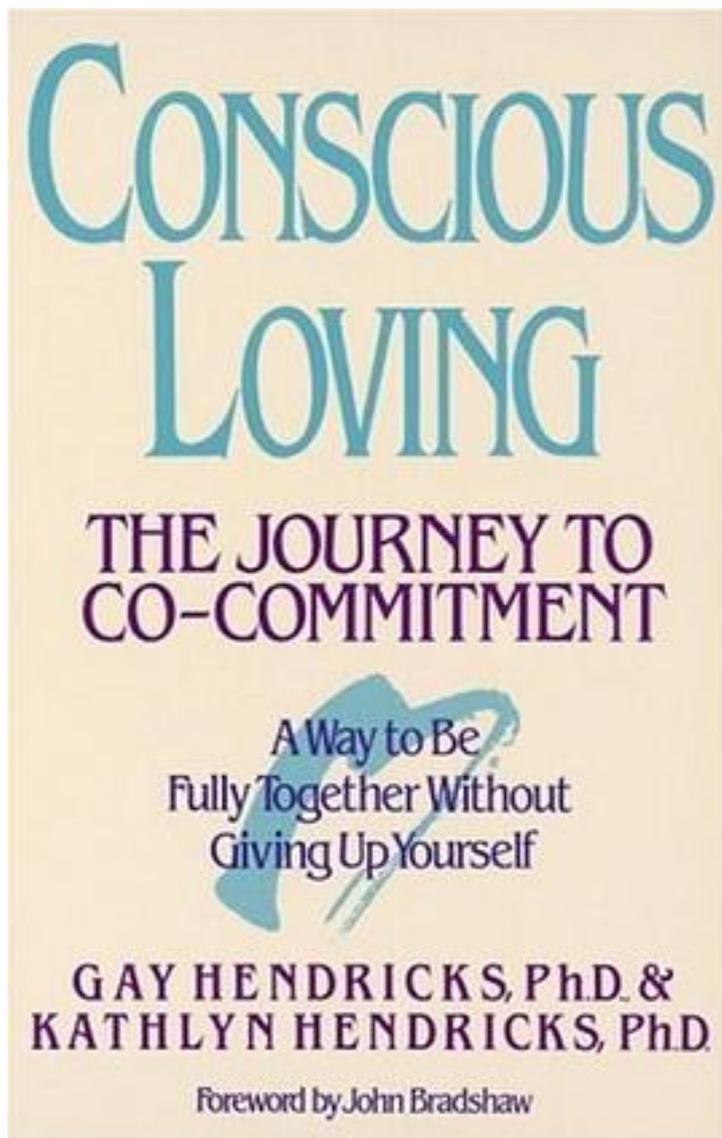


Conscious Loving



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著者:Gay Hendricks

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Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

作者介绍:

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标签

爱情

灵修

心灵伴侣

醒着的爱

心理学

爱

GayandKathlynHandricks

英文原版

评论

find a partner to go co-com together.

好没逻辑

Max读了这个书还和我分享学习心得，让我开始感觉the relationship is going somewhere.

爱是需要学习的。我们在成长的过程中有意无意地受到一些伤害，导致在人际关系中经常使用的态度是project, withdraw, withhold。只有主动承认那些小细节对我们造成的影响，才能真正地放下负担，敞开心扉，做完整的自己，也接受完整的对方。

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书评

这本书是看了John Bradshaw的讲座去找来看的，看了才知道原来，关于自爱、感觉和欲望，这些对心理健康极为重要的几个方面，我们一直都在犯错，还是大错特错。我们的家庭、学校、社会甚少能给予正确的指引，甚至很多时候出于各种原因，千方百计希望个体的感觉和欲望能被安放在...

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