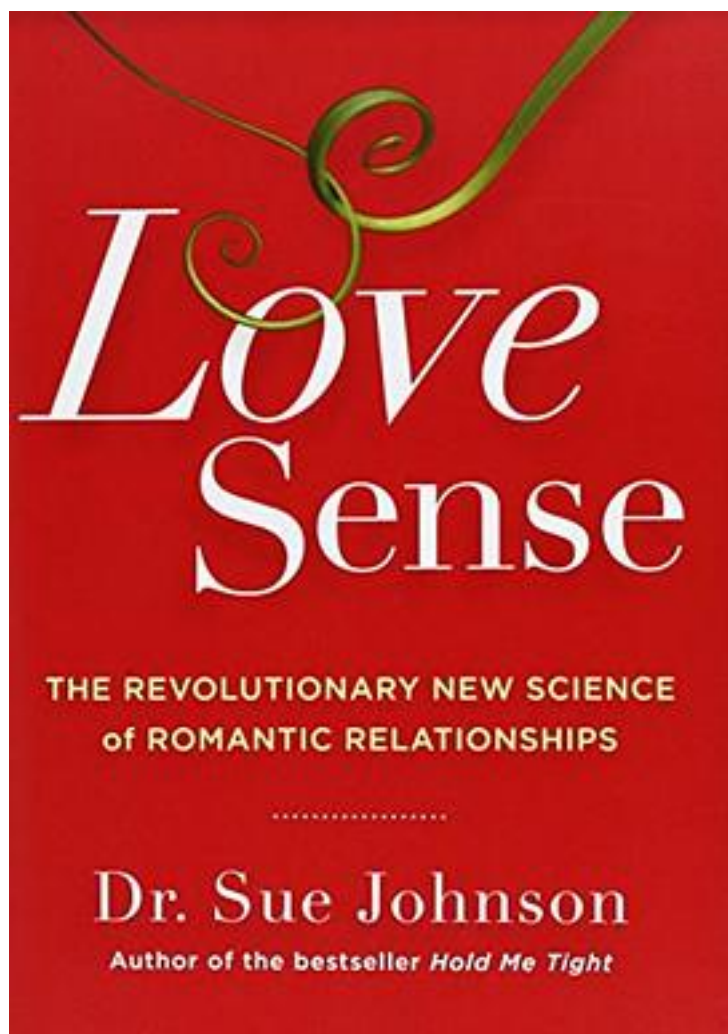


Love Sense



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著者:Sue Johnson

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The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of

why and how we love, based on cutting-edge research.

Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. LOVE SENSE presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense"--our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. LOVE SENSE covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, LOVE SENSE will change the way we think about love.

作者介绍:

Dr. Sue Johnson is a world-renowned expert in the field of couples therapy. She is a clinical psychologist, researcher, professor, best-selling author. Topics Dr. Johnson addresses include: attachment and bonding, the science of love, interventions to repair relationships, and forgiveness. Dr. Johnson is the primary developer of Emotionally Focused Therapy (EFT), a highly effective, research-backed intervention to help couples repair rifts and build strong loving bonds. She is the Director of the International Center for Excellence in Emotionally Focused Therapy (which has numerous affiliated Centers around the world), the Director of the Ottawa Couple and Family Institute, a Distinguished Research Professor at Alliant University in San Diego, California and a Professor of Clinical Psychology at the University of Ottawa.

Dr Johnson's professional books include, The Practice of Emotionally Focused Couple Therapy: Creating Connection and Emotionally Focused Couple Therapy with Trauma Survivors. Her book, Hold Me Tight, Seven Conversations for a Lifetime of Love, was written for the general public to explain the new science of adult bonding. This book is the basis for a program for post-deployment military couples created for the U.S. military and a relationship education program entitled Hold Me Tight: Conversations for Connection. Dr. Johnson has received numerous honours for her work, including the Outstanding Contribution to the Field of Couple and Family Therapy Award from the American Association for Marriage and Family Therapy and the Research in Family Therapy Award from the American Family

Therapy Academy.

Her new book, Love Sense: The New Science of Relationships will be published December 31, 2013.

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标签

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