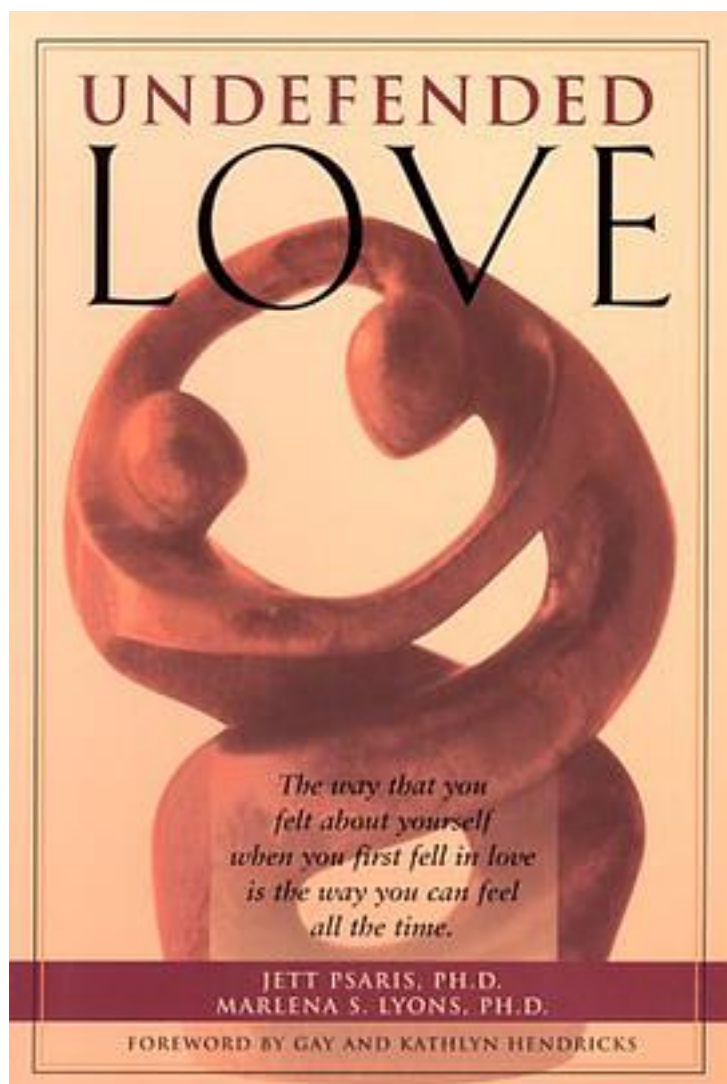


# Undefended Love



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Connecting with the person you love isn't just about having a companion, or forming a close partnership. Most of us hope for a truly intimate relationship, where the connection between us is direct, unmediated, and heart-to-heart. This book offers a challenging new way for readers to reach just such a higher level inside themselves, where they can experience a relationship that is fresh and unrehearsed. Therapists Marlena Lyons and Jett Psaris show readers that the capacity exists in all of us to love without defenses or qualifications, and to know ourselves so deeply that real intimacy becomes a lifelong expression of our deepest nature. This is the power of undefended love. "Undefended Love" maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help readers discover how to engage their partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of their nature.

作者介绍:

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