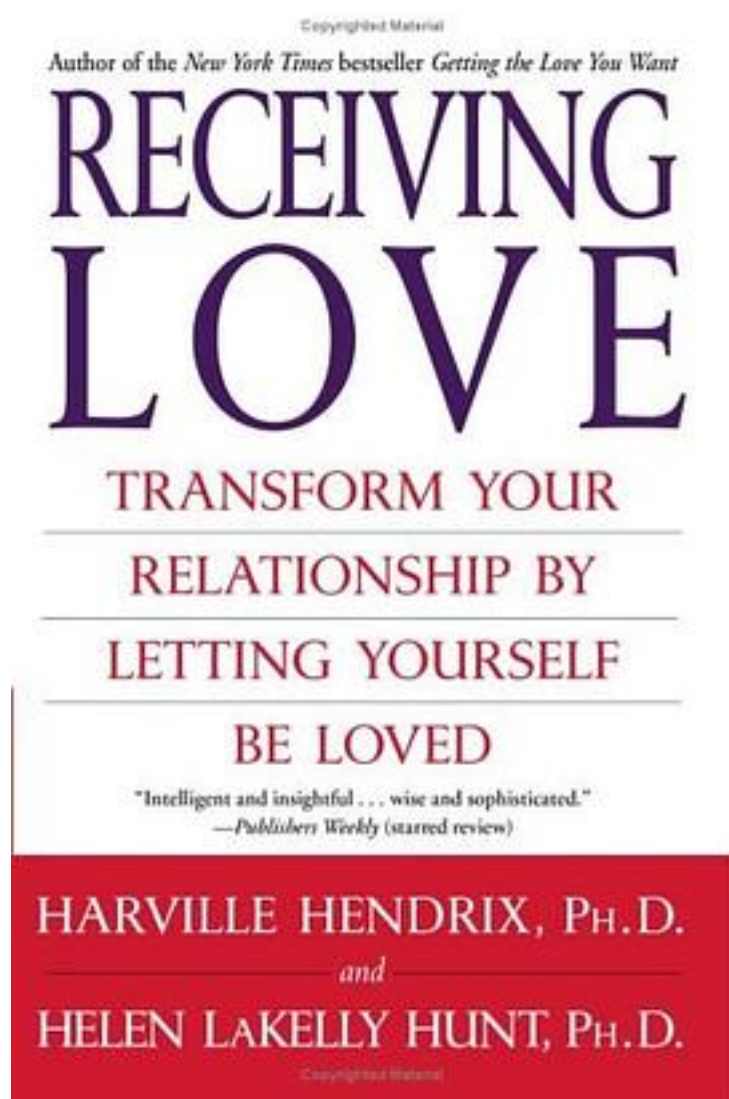


Receiving Love



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著者:Hendrix, Harville

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IT'S EASY TO GIVE LOVE, BUT HOW DO WE RECEIVE LOVE, ABSORB IT AND LET IT CHANGE US? Rather than learning HOW to love, perhaps the greatest test of an intimate relationship is learning to receive love. Such is the teaching of the bestselling author/relationship therapist team, Harville Hendrix and Helen LaKelly Hunt. In their newest book, they argue that many of us have trouble accepting and integrating the affection and appreciation we so deeply desire. We tell ourselves that we're not getting what we want and need because other people are either not loving us enough or not loving us in the right way. But the truth is that we are loved, we just don't see it. Instead we brush away the compliments and praise, and we don't even know we are doing it. In RECEIVING LOVE, the focus is on how this phenomenon operates in intimate relationships, shaping conflicts and disappointments, and on the steps needed to dissolve the barriers to enable us to open our hearts to love.

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目录:

[Receiving Love_ 下载链接1](#)

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