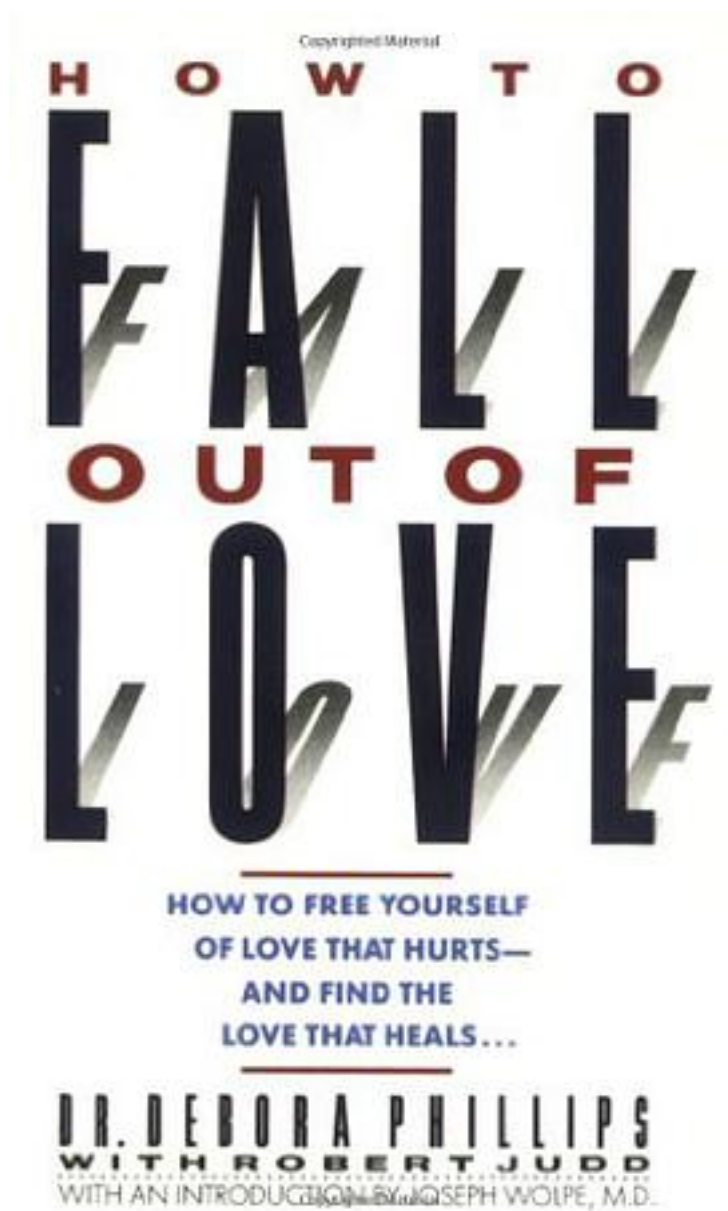


How to Fall Out of Love



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FREE YOURSELF OF LOVE THAT HURTS--AND FIND THE LOVE THAT HEALS!

Love is the most beautiful of feelings, except when it turns to pain. This is a healing book, one that can help people overcome the pain of loving someone who does not or cannot turn back. If you--or someone you care about--are struggling to recover from the loss of a lover, or to end a dead-end affair, this will come as a godsend. Nationally renowned Dr. Debora Phillips give you the complete proven program that lets you:

- diminish, then dismiss a destructive love
- say goodbye to jealousy
- rebuild your inner strength and confidence
- discover and enjoy a new love that is right for you.

作者介绍:

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标签

评论

我承认这一直是我厌恶的那一类书目。当然如果是教你怎么让别人爱你，我还是不会去看。在我排除偏见看完这部的时候，我承认真的包含非常清晰简单的道理，写得流畅干脆。我相信身体行为和精神情感的连接，因而相信behavior therapy是可能有效的。比如，长久以来我都为提高自信心努力而效果了了。You can't change your self image by deciding changing them. Rationality won't help much. 所以行为和练习反而是逐渐改变视角的方式，我决定试试。这个世界上，堕落下坠fall in总是无比容易，上升解脱fall out总是如同自己提着自己的头发，无比艰难。最终都要帮助自己接纳和建立自我而已。

I just don't know how to accept it in the first place. So, actually, this book is little help.

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书评

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