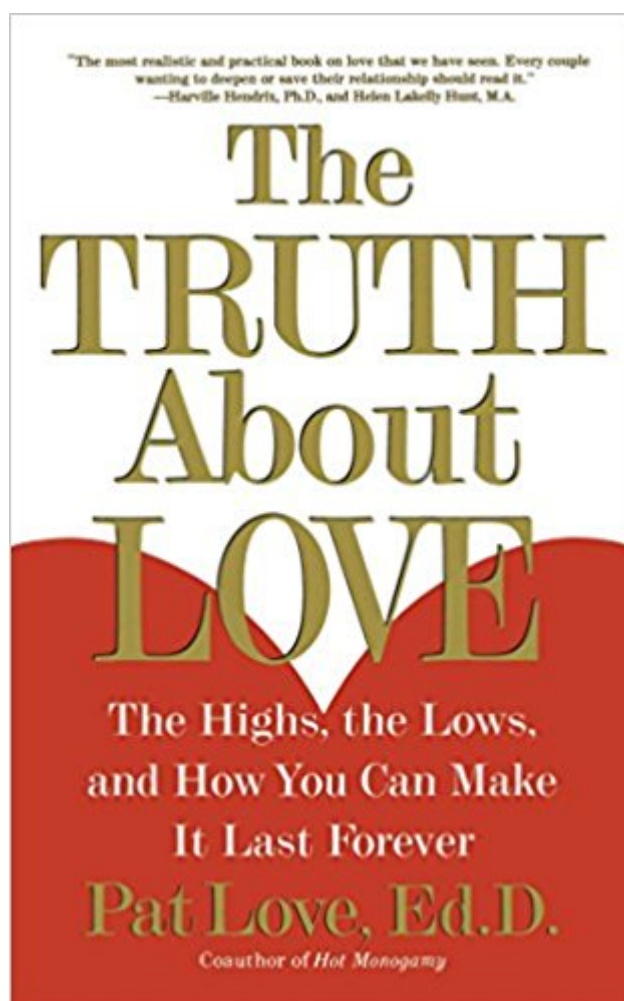


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# The Truth About Love: The Highs, The Lows, And How You Can Make It Last Forever



## Synopsis

Don't break up before the breakthrough! Have you ever believed that you have fallen out of love, or said "I still love him but I'm not IN LOVE anymore?" In this groundbreaking guide to the physiology and psychology of lasting love, Dr. Pat Love reveals that love has normal, predictable stages that include highs and lows, and that many couples mistake the lows for the end of love. *The Truth About Love* is an inspiring, practical guide that will teach you how not to break up before the breakthrough realization: You can create the true love you long for with the partner you already have.

## Book Information

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## Customer Reviews

Love, a family and marriage therapist and coauthor of *Hot Monogamy*, here offers hope to those who feel that the flame of amour has gone out. She explains that all relationships go through predictable patterns and outlines the four up-and-down stages of love: Infatuation, Post-Rapture, Discovery, and Connection. She explains how physiological changes account for some of the intense feelings brought on by initial attraction for example, how phenylethylamine, dopamine, and norpinephrine combine to create the natural high new lovers feel that helps them bond. Love goes on to explain that this heady infatuation stage, glorious as it may be, is not what love is really about. She explodes myths that can destroy relationships, such as "If my partner really loved me s/he'd know what I wanted all the time." Other potential problems, as when a couple has different priorities for their relationship, are outlined and addressed. Including quizzes and lists of questions for

discussion, this fluidly written book is recommended for all public libraries. Copyright 2001 Reed Business Information, Inc.

Harville Hendrix, Ph.D. and Helen Lakelly Hunt, M.A. The most realistic and practical book on love that we have seen. Every couple wanting to deepen or save their relationship should read it. John Gray author of *Men Are from Mars, Women Are from Venus* Pat Love has given us a new way of understanding and improving relationships. An extraordinary book. Michele Weiner-Davis author of *Divorce Busting* and *Getting Through to the Man You Love* With wisdom, compassion, humor, and grace, Pat Love gently nudges us away from our dearly held notions about relationships and teaches us what is truly the heart and soul of love. William Glasser, M.D. author of *Getting Together* and *Staying Together* A fascinating look into the chemistry of love and the realities of relationships; a book that opens the door, too long closed, to success in marriage.

This is the best relationship book I have ever read. Each chapter deals with a different area of the relationship, both people are asked to answer certain questions, it shows where the areas of difficulties are, how to work towards solving issues without fighting, putting yourself in the other person's place and vice versa. I was in a second marriage, we were extremely happy, but there were outside problems with the reactions of our grown children from both previous marriages. We had to learn that we were free to be whatever we chose in later life, that the children's reaction was something we couldn't always control, etc. I highly recommend this book for any couple - it was a lifesaver for us.

This book helped me understand more about relationships and help me get through a breakup.

This book was recommended by a friend who had a counselor that recommended it to her and her fiancé. They loved the book, I think the book is okay, but probably more of the same information I've received from other good relationship books. Add it to the pile, but a good pile of reading for help in your relationship. This is more about you and your partner - working through things together.

Don't be misled by the somewhat cheesy title or the fact that the author's name is Dr. Patricia LOVE-this is an excellent book that provides a much needed reality check to both married and unmarried couples alike. Whether you're having relationship problems or experiencing smooth sailing with your partner, this book is a highly recommended "must read." Filled with practical

advice, *The Truth About Love* takes an honest look at the nature of love in all its myriad forms and walks you through and shows you how to cope with the various stages that all relationships go through. Dr. Love shows that true love is truly a lot of work but that if you're serious about it, it can be one of the most rewarding jobs in life. My boyfriend and I read this a year ago in an effort to better understand one another and to work through some issues we were having-not only did this book relieve some anxieties that we both were experiencing but it brought us closer together. Love is more than a feeling; it's a journey that you take with another person and both of you are active participants in how that journey unfolds. So make the most of it and read this book.

What love is and what it isn't. This author wrote 2 more books I must recommend: *Hot Monogamy* and *The Emotional Incest Syndrome*. Pat Love is one of the leading researchers we should all read today to understand relationships. These are not new books, but need to be in every library.

This book is so informative. My boyfriend and I decided to get it after hearing about it in his sociology class. It really helped us focus on the little things we do for each other and how to make our relationship better than it already is! There are exercises for you and your significant other to do together. Pat Love really opens your eyes and your mind. Great read; I'm reading it again.

From the very beginning of this book and throughout Dr Love take the reader on a "Love Trip". Her analysis of the infatuation process was dead on correct. I would love to own the tapes as I believe that they are a Marriage Counselors how-to-kit to help people build healthy and successful relationships.

*The Truth About Love: The Highs, the Lows, and How You Can Make It Last* - is a great book. It really helped my 36 year marriage! Thanks Pat Love

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*The Truth About Love: The Highs, the Lows, and How You Can Make It Last Forever* Jordin Tootoo:  
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