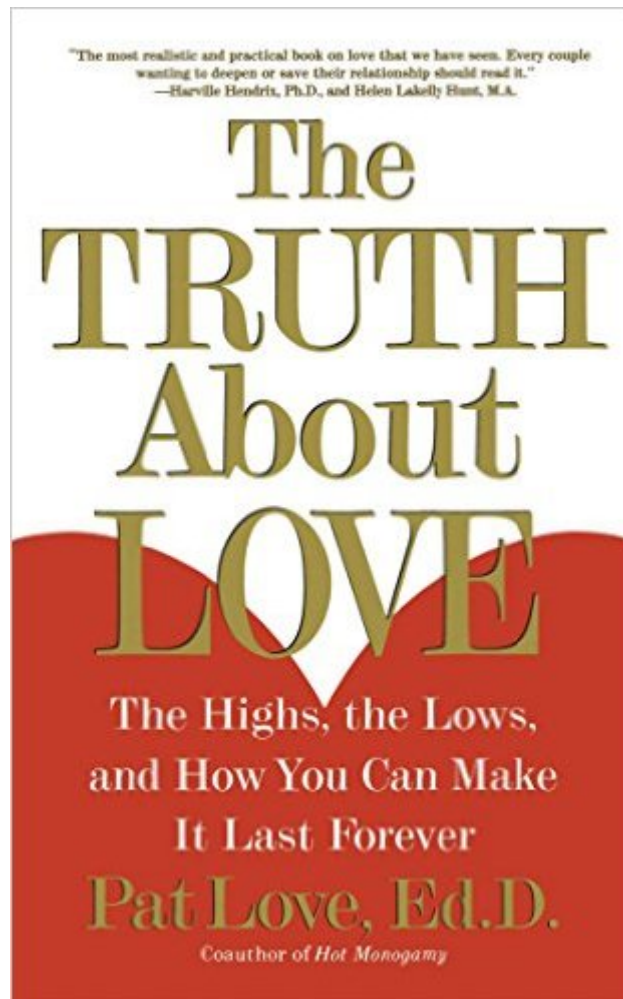


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# The Truth About Love: The Highs, The Lows, And How You Can Make It Last Forever



## 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

Dr Love has written what I deem the most practical how to guide ever written on how to make marriage work. She breaks the various stages and aspects of marriage in to very understandable and sensible reading. Dr Love has taken the best of Imago and of John Gottman. and in a very clear instructive way refined their theories and added her own in such a way that makes sense to the reader. It also gives concrete specific tools for the reader to impliment in order to improve their relationship. The suggestions are very doable. I have been a marriage and family therapist for 24 years, and this is the best book that I have seen for both therapists and clients. I am recommending it to all of my clients and am going to give it as a wedding gift to every new bride and groom that I know. This book is for people in every stage of relationship, be it new one, a seasoned one, a solid one or a struggling one.

In *The Truth About Love*, Dr. Love breaks "love" down into four stages -- Infatuation, Post-Rapture, Discovery, and Connection. The first part of the book seems pretty grounded in science and makes for interesting reading. I can understand why relationships tend to fall apart for many people. I can also see why rushing into marriage can be a bad idea. The Infatuation Stage, she tells us, can last from 6 months to 2 years. So, rushing into marriage while still infatuated can create false ideas of what the marriage will be like. This part of the book was quite strong. I would say that the later parts of the book -- Discovery and Connection -- are strong too, but I sometimes found the information a little repetitive. I did learn a lot while reading this book, and I did see my relationship improve. And, interestingly, the relationship improved even though I was the only one of the two of us who read the book -- just like the book promised could happen. My only complaint is that the book probably could have been twenty pages shorter. But, it's still a good and helpful read.

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.

When my boyfriend of two years broke up with me because he didn't love me anymore and had 'chemistry' with someone else, I was devastated. I searched and searched for answers and came across this book. I begged him to read this book even if only just the first chapter. He did and now we are back together and married! I wish I had this book years ago. Buy this book even if you are happily married. The information in this book needs to be shared with everyone. It is an easy to read book. If people only knew *The Truth About Love*, there would be fewer divorces and affairs. Again, **BUY THIS BOOK**. It is worth it!

This is the sort of book I wish I had early in my marriage. It is full of wit and wisdom that every young couple (and old ones too) should hear. She explains why infatuation and romantic actions are easy early in a relationship and why it is more difficult (but not impossible) to maintain that early wedded bliss. For anyone who wants a lifetime of romance I'd recommend a book I've been using as my romantic "bible" this past year: *The RoMANtic's Guide*. Both books are marriage savers.

This book is poignant in nature and is spiritually, mentally and emotionally satisfying. This is by far the best book about Love that I've read in a l-o-n-g time. I haven't read a book yet that remotely comes close to the insightful content of this particular book. "Dr. Love" really knows how to get her distinctive message about love across to such a wide array of audiences. Thank you, Dr. Patricia Love for helping me redefine love and utilize your practical skills for keeping the true love that I have with my partner of 9+ years alive. I highly, highly recommend this book for anyone struggling with how to keep love alive or/and how to redefine true love in ways you may have thought of but never put to use.

As a newly married couple this book is a wonderful starting point to help us discuss our views on our relationship, trust, commitment and what it means to support each other and how to show appreciation. It's also a great way to begin building our home that is a haven for us. This book will be an invaluable tool for us as we define and grow into our roles. It will also be great to revisit it as we need for course corrections or for hints on ways to discover more and share more with each other.

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