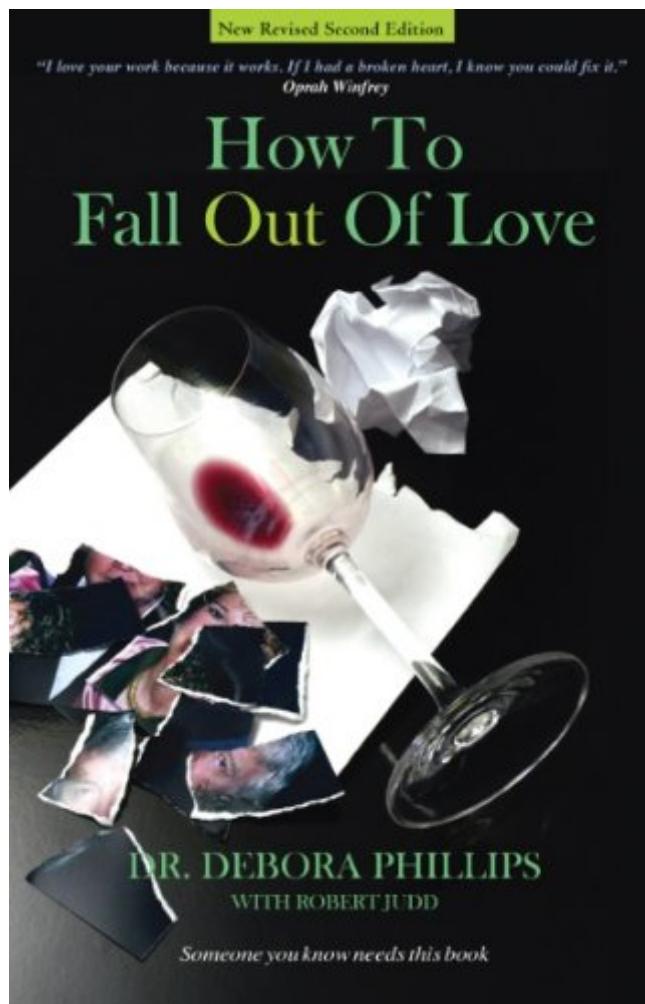


The book was found

How To Fall Out Of Love - New Revised Second Edition



Synopsis

"I love your work because I know if I had a broken heart, you could fix it." Oprah You can't stop thinking about him or her. Everybody tells you to stop: "He's gone." • "She doesn't love you." • "Get over it." • But no matter how hard you try to stop, you can't. Until now. Millions have gotten over a lost love thanks to the book that defined the field. Now renewed and revised with new techniques for a new generation, Dr. Debora Phillips' classic is finally available for heartbroken people who are ready to get on with their lives. How to Fall Out of Love is a systematic, step-by-step program to reach specific goals. Dr. Phillips delivers a tried and true, amazingly easy-to-follow therapeutic guide to help you: stop obsessive thinking about him or her; take him or her off their pedestal; overcome jealousy; rebuild your inner strength and confidence; handle Internet dating; get on with a new love and a new life. How to Fall Out of Love shows you how to deal with large, complex emotional difficulties and break them down into manageable component parts. It's written with clarity, warmth, and understanding to help you get over an old love and on with a new life. With over 30 years of using and refining her techniques Dr. Phillips has seen over and over her patients free themselves from their love-obsessions and depression.. Free yourself from that dead-end relationship that is ruining your life. Move forward to the love you deserve. "because you can't fall in love again, if you haven't fallen out of love first.

Book Information

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Customer Reviews

As a practicing psychologist, I have long observed that many patients who have difficulty getting over a lost relationship are stuck in an endless cycle of going over and over scenes from the relationship and mulling about the motivations of the lost romantic partner. They act as if repeating these memories often enough may lead to a different outcome or a different understanding that will set them free. Instead, as Phillips points out, this rumination just perpetuates the pain. Phillips encourages people suffering from hopeless love to get out of their heads and get on with their lives. Moreover, she prescribes activities that will allow them to do so. We can't control the lost person, but we can take control our own lives. Phillips offers valuable encouragement and specific steps for exercising this control.

I would recommend this book to anyone who is trying to put some distance between themselves and another person. It's easy to read and follow the steps. Anyone can do it. It's important to note that at any time the process can be reversed if you end up wanting to get back together, but in the meantime this book gives someone suffering something constructive and healthy to do with their time instead of crying and wanting them back!

The book is a straightforward, easy read. The focus is on behavior modification, not on and on about "why". Great techniques for not only falling out of love, but dealing with other toxic people, such as "frenemies", abusive coworkers and bosses.

The best thing about this book is that it is focused on results. It doesn't drone on with platitudes, the way one's friends might when counseling you on moving on, but instead jumps straight to Phillips' proven behavior therapy techniques to get you into a better place. If you are in love and don't want to be this is a must.

The next marriage anniversary would have been our 26th. No children, but a business we shared was like our child. Which was keeping me in the bad marriage and allowing myself to be berated &

lonely in a very stale & loveless relationship. He left for 2.5 years. Had many affairs & spent great amounts of \$ & time with other women. I knew I didn't love him anymore, but I couldn't let go. READING, "HOW TO FALL OUT OF LOVE" truly set me on the right path & the truth that the dissolution of a marriage gone bad, was the only true answer for my future happiness.

Anyone who has had the unfortunate experience of being in Love with someone who doesn't reciprocate and you desperately want to get out that gut wrenching emotional roller coaster, this message is for you.

It is always difficult moving beyond "being in love." No matter your age or circumstances, connecting to another person is what we all crave. When the connection is broken the hardest part is moving past the hurt. How To Fall Out of Love is really good at helping define a process that works.

Found this helpful several years ago. Bought the second edition recently for a friend who was in need. It seemed to help. Dr. Phillips writings did make him pause think. Would recommend for anyone who might be in need.

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