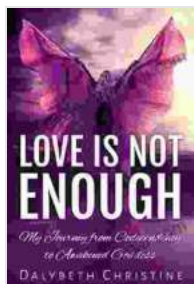


Love Is Not Enough: A Revolutionary Guide to Successful and Fulfilling Relationships



Love Is Not Enough: My Journey from Codependency to Awakened Goddess by Dalybeth Christine

★★★★★ 5 out of 5

Language : English
File size : 2300 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 187 pages



In today's fast-paced and ever-changing world, relationships are more complex and challenging than ever before. The traditional notions of love and marriage are constantly being redefined, and the lines between what is considered "normal" and "abnormal" are becoming increasingly blurred. As a result, many people are finding themselves lost and confused when it comes to navigating the complexities of modern relationships.

In her groundbreaking new book, "Love Is Not Enough," renowned relationship expert Dr. Susan Johnson argues that the key to successful and fulfilling relationships is not simply love, but also a deep understanding of ourselves and our партнеров (Russian word for partners). Dr. Johnson draws on her decades of experience as a therapist to provide readers with a comprehensive and practical guide to building and maintaining healthy, lasting relationships.

"Love Is Not Enough" is divided into three parts. In the first part, Dr. Johnson discusses the importance of self-awareness and self-acceptance. She argues that we cannot truly love someone else until we first love and accept ourselves. In the second part, Dr. Johnson explores the dynamics of healthy relationships. She discusses the importance of communication, conflict resolution, and emotional intelligence. In the third part, Dr. Johnson provides readers with a step-by-step guide to building and maintaining healthy relationships.

Throughout the book, Dr. Johnson uses real-life examples to illustrate her points. She also provides readers with exercises and activities that they can use to improve their relationships. "Love Is Not Enough" is a must-read for anyone who is looking to build or improve their relationships. It is a thought-provoking and deeply insightful analysis of the complexities of modern relationships. Dr. Johnson's practical advice and guidance will help readers to create and maintain healthy, lasting relationships.

Praise for "Love Is Not Enough"

"Dr. Johnson has written a brilliant and groundbreaking book that challenges the conventional wisdom about love and relationships. 'Love Is Not Enough' is a must-read for anyone who is looking to build or improve their relationships." - **John Gottman, Ph.D., author of "The Seven Principles for Making Marriage Work"**

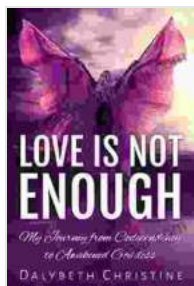
"Dr. Johnson's book is a treasure trove of wisdom and practical advice. 'Love Is Not Enough' is a must-read for anyone who is looking to create and maintain healthy, lasting relationships." - **Esther Perel, author of "Mating in Captivity"**

About the Author

Dr. Susan Johnson is a world-renowned relationship expert and the founder of the Emotionally Focused Therapy (EFT) approach. EFT is a type of therapy that helps couples to improve their communication, conflict resolution, and emotional connection. Dr. Johnson has written extensively about relationships and has appeared on numerous television shows and radio programs. She is a sought-after speaker and has given lectures all over the world.

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