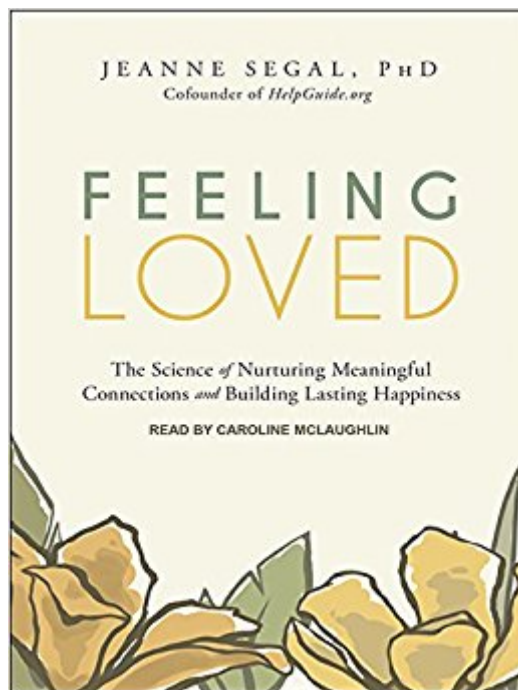




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# Feeling Loved: The Science Of Nurturing Meaningful Connections And Building Lasting Happiness



## Synopsis

Do your connections with friends, family, or romantic partners leave you feeling dissatisfied or disconnected? In this book, emotional intelligence pioneer Jeanne Segal, PhD, doesn't just talk about love and connection; she shows you how to get and give loving experiences that are nurturing and fulfilling. *Feeling Loved* explores what we unwittingly do that hijacks our ability to feel loved and goes on to offer powerful research-based tools to transform relationships and support emotional well-being. In *Feeling Loved* you learn to: Identify and overcome the challenges that keep you from experiencing love Use proven techniques to quickly reduce stress and regulate out-of-control emotions Communicate your needs and resolve disagreements in ways that are less stressful Transform your relationships with everyone in your life

## Book Information

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## Customer Reviews

"Feeling Loved is thoroughly absorbing and exceptionally well-written from beginning to end."

---Midwest Book Review

Jeanne Segal, PhD, is cofounder and editorial director of HelpGuide.org, a trusted nonprofit mental health website with over 81 million readers. Her books-including *Living Beyond Fear* and *The Language of Emotional Intelligence*-have been published in thirteen languages. Caroline McLaughlin is a versatile narrator with a smooth voice who strives to bring the author's words to life. Known for her rich characters and accents, she equally enjoys narrating fiction and nonfiction works. Her languages include conversational Mandarin Chinese.

Wow, this is a book everyone could benefit from! Professionals can recommend this book to their clients and then the clients can share it with friends and family. The writing is easy to follow and examples assist in complete understanding. Parents would do well to read this early on and begin thoughtful practices. This author has an excellent website also, [helpguide.org](http://helpguide.org), that is extremely well done and useful for anyone interested in understanding their own emotions and how to go about improving the quality of their relationships. The research based foundation for the interventions and practices allow one to move forward with peace that they can really make positive lasting change.

I bought this book for my mom who suffered from severe panic attacks and she found it very helpful. Adds a lot of insight on how to become in touch with your feelings.

Easy to read book that defines the difference of being loved and feeling loved with great techniques to beat stress and overcome past obstacles .

This book was easy to read and offered very good advice. Those few who gave negative reviews for this book are unfounded and an author recommending a free website that has helped millions of people weekly is not an attempted sell, it's called "help" which is clearly the intention of this book. The author's website, [helpguide](http://helpguide.org), has no ads and doesn't charge viewers and has been awarded for excellent content which helps people with problems in all areas of life. With individuals becoming more and more introverted due to lack of social interaction, more focus needs to be put on the emotional component and elements discussed in this book.

This book is the absolute truth. Anyone who says otherwise, has done serious inner searching to do. Reading this book has put a face to the source of my anxiety and me a clear understanding of how to battle it and carry on with life; without medicine. Thank you Jeanne! If you're struggling with depression or addiction, definitely check this book out!

Super fast shipping! Item just as described! A+++++

This is a very disappointing book, especially since it was written by someone with a PhD. I was looking for a lot more direction and suggestions for how to cope with not having a nurturing upbringing but it was just simple explanations of how emotions work. I would definitely not

recommend this book.

A truly insightful and valuable book. It really opened my eyes to myself and others. I look at my relationships in a very different way now, and it is so much more relaxed, enjoyable, and loving. This book is a treasure.

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