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Feeling Loved: The Science of Nurturing Meaningful Connections and Building Lasting Happiness

Jeanne Segal

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Do your connections with friends, family, or romantic partners leave you feeling dissatisfied or disconnected? Emotional intelligence pioneer, Jeanne Segal, Ph.D., doesn't just talk about love and connection, she shows you how to get and give loving experiences that are nurturing and fulfilling. She draws on new discoveries in neuroscience and her 45 years as a therapist to show us how the nervous system experiences love, how this translates into satisfying relationships, and why we need these experiences to overcome stress. *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

Segal's engaging and practical approach guides readers in developing new ways of thinking, feeling, and acting, in order to make life-altering changes. Enhanced with inspiring and illustrative real-life stories, *Feeling Loved* is thoroughly absorbing and exceptionally well written.

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Is it an individual who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Feeling Loved: The Science of Nurturing Meaningful Connections and Building Lasting Happiness can be the solution, oh how comes? It's a book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

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