



Meet Me In Hard-to-Love Places: The Heart and Science of Relationship Success

Eric A Bowers

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Why is it that intimate relationships give us the most exquisite and magical moments of our lives but also some of the most painful and heartbreaking experiences we endure? How is it possible that the meeting of two hearts brings out the best and worst of us? Meet Me in Hard-to-Love Places offers a clear and beautiful map for the wonderful, difficult and bewildering world of intimate relationships. Eric Bowers draws from Attachment Theory, Interpersonal Neurobiology, Nonviolent Communication, and his own explorations of hard-to-love places to explain why relationships fall apart and to give you the blueprint, building blocks, and inspiration from which to create a new foundation for love. Meet Me In Hard-to-Love Places is a book that outlines the foundational ideas and principles of Attachment Theory, Interpersonal Neurobiology and Nonviolent Communication in ways that are very accessible to the reader. The stories and poems interspersed throughout the book help make the information personal, engaging and inspiring. This book is a delight for your mind, your heart and your soul. Included at the end is a chapter of relationship practices and processes designed to enrich all of your relationships, as well as a chapter of practical tips for building successful relationships.

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