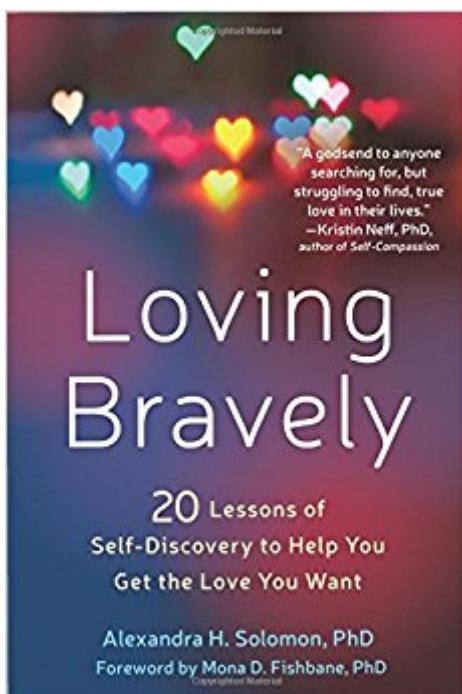


The book was found

Loving Bravely: Twenty Lessons Of Self-Discovery To Help You Get The Love You Want



Synopsis

As seen on The TODAY Show! A godsend to anyone searching for, but struggling to find, true love in their lives. •Kristin Neff, PhD, author of Self-Compassion "Empowering and compassionate, and its lessons are universal." •Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We've all heard "You can't love anyone unless you love yourself, but amid life's distractions and the myth of perfect, romantic love, how exactly do you do that? In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you'll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner, you'll be ready to find the healthy, lasting love your heart desires.

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Customer Reviews

“What a wonderful exploration into the language of intimacy, relationships, and love! In this deeply insightful book, you will be exposed to the key ingredients of an intimate relationship: self-love, self-worth, and self-awareness. I highly recommend this book to anyone interested in engaging in life and love in an empowered way!”
•Shefali Tsabary, PhD, New York Times bestselling author and psychologist

“As modern dating increasingly gets reduced to a narrow set of online search algorithms, Alexandra H. Solomon wisely implores readers to turn off the noise, tune into our authentic selves, and cultivate a deeper sense of relational self-awareness.

Loving Bravely will show you how to go beyond merely swiping left or right, scrolling up and down, and instead live and love in ways that are true to your unique, multidimensional self.”

•Ian Kerner, PhD, LMFT, New York Times bestselling author of *She Comes First*

“Alexandra H. Solomon has written the best book ever about creating, developing, and nurturing relationships. Loving Bravely is very special and unique among books on relationships.

First, it is anchored in the scientific knowledge about relationships, yet is engaging and interesting.

Second, it speaks to the issues of the twenty-first century for young and mid-life people in

relationships. And, it centers primarily on what individuals can do themselves to nurture

relationships. This is the manual for any person who wants to nurture and preserve a satisfying

relationship.”
•Jay Lebow, PhD, ABPP, clinical professor at The Family Institute at Northwestern University, and editor of *Family Process*

“Alexandra H. Solomon has written a clear-eyed, practical guidebook on nothing less than how to love. Loving Bravely covers everything from how to shift beyond your own reactivity to how to offer an effective apology. Years of clinical experience shine through a book I’d recommend to anyone interested in loving well.”

•Terry Real, founder of the Relational Life Institute in Massachusetts, and author of *The New Rules of Marriage*

“This is a powerful book that beautifully lays out the path to having a healthier love relationship with others, by first having a healthier love relationship with yourself. Written in an engaging manner and full of practical exercises, this book is a godsend to anyone searching for, but struggling to find, true love in their lives.”

•Kristin Neff, PhD, associate professor in the department of educational psychology at The University of Texas at Austin, and author of *Self-Compassion*

“We all want to be in love or fall in love. But as

Alexandra H. Solomon so persuasively argues, most of us spend more time learning to drive than learning to love. Clear-eyed and compassionate, Solomon provides step-by-step guidance on how to gain the skills needed to make a relationship— even a good one—deeper, more satisfying, and more intimate. Loving Bravely should be required reading for anyone involved in an intimate relationship and compulsory for anyone yearning to have one. As Solomon asks, are you willing to invest in love? • Elsa Walsh, author of the best-selling *Divided Lives*, and former staff writer for *The New Yorker* and *The Washington Post* ■ Alexandra H.

Solomon’s *Loving Bravely* is a terrific guidebook for anyone contemplating or engaged in an intimate relationship. This book brings together Solomon’s experience over the last twenty years studying couples, treating couples, immersing herself in couples therapy literature, and lastly, being coupled. First as a graduate student, and then a psychologist and professor at Northwestern University; as a therapist at The Family Institute at Northwestern University; and as a wife, Solomon has lived and breathed close relationships. No one knows this terrain better from both the inside and the outside. The wisdom in this book focuses on the concept of “know thyself first, fix thyself first, face thyself first.” Loving over the long haul means developing the courage to face yourself and your partner with honesty, integrity, and compassion. Loving Bravely provides the keys to becoming a better partner and a better person, not the keys to fixing or changing your partner. I recommend this book to anyone who wants to be a better lover in the truest and deepest sense. • Bill Pinsof, PhD, LMFT, ABPP, founder, chief executive, and clinical professor at The Family Institute at Northwestern University, 1986-2016; and president of Pinsof Family Systems ■ Alexandra H. Solomon delivers a beautifully relatable, encouraging, and practical book that walks the reader through the steps toward brave, intimate love. Her style creates safety and warmth from start to finish as she asks the readers to lean into vulnerability and connect with themselves in order to connect more deeply with others. Loving Bravely is a must-read for anyone interested in creating fulfilling and satisfying love while also transforming their relationships! • Vienna Pharaon, LMFT, founder of Mindful Marriage and Family Therapy in New York, NY, and relationship expert for Motherly ■ Psychologist Solomon, a clinical professor in the department of psychology at Northwestern University, directs readers down the road of self-discovery, positing that relational self-awareness is the key to intimate relationships. Divided into four parts—self-reflection, self-awareness, self-expression, and self-expansion—the book is modeled after an undergraduate course Solomon teaches called “Building Loving and Lasting Relationships: Marriage 101.” She doesn’t preach that love is perfect—core issues will get stirred up again and again in intimate

relationships" •but guides readers with 20 lessons accompanied by sets of exercises through which they learn to explore and create healthy boundaries, listen to their gut instincts, and forgive themselves and others. The tone of the book is empowering and compassionate, and its lessons are universal."  •Publishers Weekly

Alexandra H. Solomon, PhD, is staff clinical psychologist, member of the teaching faculty in the marriage and family therapy graduate program, and clinical assistant professor of psychology at The Family Institute at Northwestern University. In addition to her clinical work with couples and individuals, Solomon teaches graduate and undergraduate students. One of her courses is Northwestern University's internationally renowned "Building Loving and Lasting Relationships: Marriage 101," which combines traditional and experiential learning to educate students about key relational issues like intimacy, sex, conflict, acceptance, and forgiveness. Solomon's work has been widely cited, and her articles on love and marriage have appeared in *The Handbook of Clinical Psychology*, *The Handbook of Couple Therapy*, *Family Process*, *Psychotherapy Networker*, and other top publications in psychology. Her work also appears in *O Magazine* and *The Huffington Post*, and she is a frequent interviewee and contributor for the Oprah Winfrey Network, Yahoo! Health, *The Atlantic*, *CBS Early Show*, *NPR*, *Psychology Today*, and *WGN Morning News*. She is a sought-after speaker for corporate, collegiate, and professional audiences on topics related to modern love. Solomon lives in Highland Park, IL, with her husband, Todd, and their two children, Brian and Courtney. Sign up for monthly articles and relationship advice from Alexandra at www.bit.do/lovingbravely, and learn more about her work at www.dralexandrasolomon.com. Foreword writer, Mona D. Fishbane, PhD, is director of couple therapy training at the Chicago Center for Family Health, and a clinical psychologist in private practice. She is an AAMFT-approved supervisor, a member of the advisory board for the journal *Family Process*, and a long-term AFTA member, where she has served on the board. Fishbane lectures nationally and internationally, and has published numerous articles on couples therapy and neurobiology, as well as on intergenerational relationships. She has been the recipient of honors and fellowships, most recently a grant from the John Templeton Foundation. Fishbane's book, *Loving with the Brain in Mind*, is part of the Norton Series on interpersonal neurobiology. Find out more at www.monafishbane.com.

I have been anxiously awaiting the arrival of *Loving Bravely*. I had heard about it and about the author, Dr. Solomon, through social media. Dr. Solomon teaches a *Marriage 101* class at

Northwestern University and I have seen her interviewed before. I thought what could be better then a book about finding love from the person who actually teaches the course. I went ahead and pre-ordered the book so that I would have it as soon as it was available. The book did not disappoint. Dr. Solomon takes you through 20 lessons to help you find the love that you want. She doesn't do it in a preachy way. In fact, it's written in a friendly, thoughtful, witty and many times funny manner. She even interjects pieces of herself and her own relationship in the book and her interactions with her children. This is a book that I will reference time and time again. It's not a once through read. You need to go back and re-read and really practice the lessons that she spells out. They are not easy. It is hard to change behavior and learn from the past and not use it as a crutch. But, this book helps you do it if you follow along. I recommend it for anyone looking to learn about themselves, how their past relationships effects their present self, and move forward to find love. So, basically, this book is for everyone. Dr. Solomon is a treasure and I just want to know how I can sign up for that class.

Loving Bravely is the most valuable relationship book ever! I will for sure buy each of my teenage daughters a copy before they head off to college. Dr. Alexandra Solomon invites deep self-exploration in a gentle and reassuring way. While turning the page and reflecting on her questions and insights, an understanding arises within that the more we know ourselves, the more potential we embody to be brave and well in love. Thank you, Dr. Solomon, your book is a treasure in our home.

This is such a thought-provoking book. Dr. Solomon's honesty, vulnerability, and willingness to share her own stuff with the reader really draws one in to her lessons. As a therapist, I know that asking clients to practice relational self-awareness is a challenge. It is much easier to point to a partner's shortcomings than to look at one's own. This book highlights the tremendous relational benefits of emotional growth and honesty with yourself and your partner. Dr. Solomon wisely guides her reader through the process with her insightful examples and chapter exercises. I highly recommend!

Dr. Solomon provides the reader with an accessible, thought provoking, highly engaging journey to greater self-awareness and relationship readiness. As a psychologist who works with couples routinely, I highly recommend this book to lovers of all ages who want to develop a solid foundation for intelligently and sensitively entering into relationships.

She touches on many important aspects of relationships without being too wordy or lengthy. Getting straight to the heart of the matter and giving the reader resources/exercises for change at the end of each chapter. Great book. Great resource!

Gave to two young people.

I very rarely read books in the relationship and self help genre, but this one was highly recommended by a great friend, so I decided to give it a go. I'm really glad I did! Dr Solomon paints a realistic and honest view of individuals, couples and relationships that is very refreshing. Rather than being prescriptive about how to find love and connection, she writes with humor and grace about the possible paths. Every person's journey will be unique and that's to be celebrated, but there are commonalities in all of us to be shared and thought through. Beginning with themes of personal accountability and honesty with oneself to effective communication and learning to trust yourself and your partner, Dr Solomon's prose hits home. It makes sense. She acknowledges that the path is not easy, straightforward, without effort, ups and downs and reward. I appreciated her real and nuanced view. Loving Bravely is sweet, funny, honest, insightful and it inspired me to take a deeper look at myself and how I think about love and intimacy.

Just beginning at a perfect time in my life. Good insight. Looking forward to more great tips and info!

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Miss You Breathing Bravely: Giving Voice to Cystic Fibrosis Art Journal Courage: Fearless Mixed Media Techniques for Journaling Bravely Sin Bravely: A Memoir of Spiritual Disobedience Kids of Kabul: Living Bravely Through a Never-ending War (None) Affirmators! Love & Relationships: 50 Affirmation Cards to Help You Help Yourself without the Self-Helpy Ness! Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Ladies Like Us: A modern girl's guide to self-discovery, self-confidence and love (The Darling Academy Book 1) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! 5 Reasons To Tell Your Boss To Go F**k Themselves: How Positive Psychology Can Help You Get What You Want (Volume 1) Get In, Get Connected, Get Hired: Lessons from an MBA Insider NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness)

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