

How Ready Are You For Love?: A path to more fulfilling and joyful relationships

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920551642&lokasi=lokal>

Abstrak

Most questionnaires are happy to be a bit of fun; this one sets out to be both entertaining and, more importantly, useful – offering us nothing less than a guide to the comforting and supportive relationships we long for.

With online apps taking over the dating game, it has never been more crucial to know the rules.

Through a series of pertinent questions, it reveals our distinctive style of loving, what our strengths and weaknesses are with partners and how we might secure genuine fulfillment going forward.

As we work through the questionnaire and its accompanying essays, writing the answers in a notebook, we discover the many reasons why relationships go wrong – and how they might do so far less often in the future. The book considers the role of self-hatred, the influence of childhood, the importance of vulnerability, the appeal of unavailable people and the best way to overcome patterns of self-doubt and unhealthy attachment.

Our minds are such confusing places, even the most thoughtful among us can fail to know central things about how we behave in relationships. This questionnaire will help us to understand ourselves more clearly – and so set us free to discover the love we deserve.