



# Receiving Love: Transform Your Relationship by Letting Yourself Be Loved

*Ph.D. Harville Hendrix Ph.D., Ph.D. Helen LaKelly Hunt Ph.D.*

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**Receiving Love: Transform Your Relationship by Letting Yourself Be Loved** Ph.D. Harville Hendrix Ph.D., Ph.D. Helen LaKelly Hunt Ph.D.

Harville Hendrix has illuminated the paths to loving, long-lasting relationships in his *New York Times* bestsellers *Getting the Love You Want* and *Keeping the Love You Find*. Now, with coauthor and wife Helen LaKelly Hunt, he brings us to a new understanding about one of the most complicated issues facing couples today:

## **Receiving Love**

Many men and women know how to *give* love, but many more undermine their relationships by never having learned how to accept it. We don't always realize the ways in which we reject appreciation and affection, help and guidance from our romantic partners. And, according to Hendrix and Hunt, until we are able to understand the meaning behind our behavior, our relationships stand to suffer. Ask yourself:

***Are you reluctant to tell your partner what you really want or need?***

***When you do get what you've asked for, do you still feel dissatisfied?***

***Is it difficult for you to accept kind gestures, gifts, or compliments from your partner?***

If you answered **yes** to any of the above, this book is for you. With *Receiving Love*, you can learn how to break the shackles of self-rejection -- which likely began in childhood, when our caretakers unintentionally failed to nurture us -- and embrace real intimacy. Drawing on their renowned expertise, the wide clinical experience of Imago therapists, and their own personal experience as a married couple, the authors offer detailed, sensitive advice on how to turn a relationship between two well-meaning yet misunderstood individuals into a true, everlasting partnership.

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