



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

Jeanne Segal

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In a world where fear and anxiety block the capacity for love, *Feeling Loved* can open your heart. Do your connections with friends, family, or romantic partners leave you feeling dissatisfied or disconnected? If you're receptive to making changes, Emotional Intelligence pioneer, Jeanne Segal, Ph.D., shows you how to get and give loving experiences that are nurturing, fulfilling and lasting. Drawing on the latest discoveries in neuroscience and her 45 years as a therapist, she shows you how the nervous system experiences love and why the more love you feel, the less stress you experience. *Feeling Loved* also describes the things we do that hijack our ability to feel loved. In a style that is engaging, practical, and filled with illustrative real-life stories, you will learn new ways of thinking, feeling and acting that make you feel more loved.

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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Ryan Barrett:

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