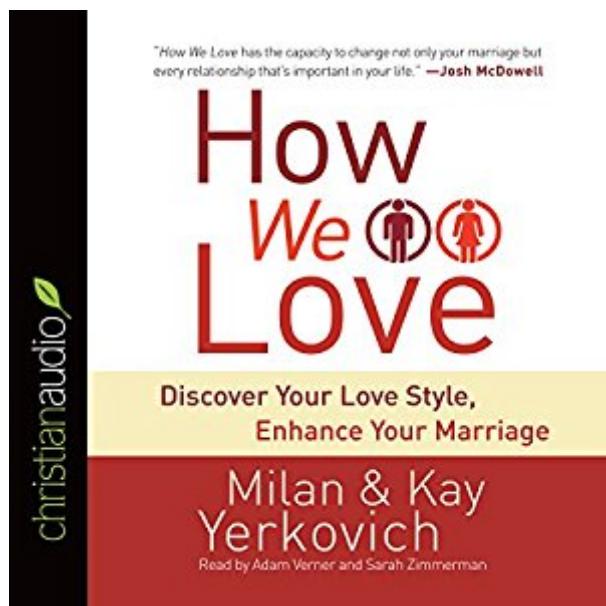


The book was found

# How We Love: Discover Your Love Style, Enhance Your Marriage



## **Synopsis**

Identify the source of missteps in your marriage - and learn exactly what you can do about them! Tired of arguing with your spouse over the same old issues? Longing for a marriage with less conflict and more intimacy? Struggling under a load of resentment? In *How We Love*, relationship experts Milan and Kay Yerkovich draw on the powerful tool of attachment theory to show how your early life experiences created an "intimacy imprint" - an underlying blueprint that shapes your behavior, beliefs, and expectations of all relationships, especially your marriage. They identify four types of injured imprints that combine in marriage to trap couples in a repetitive dance of pain. The groundbreaking principles and practical, solution-focused tools in this book will equip you to... Identify the imprints disrupting your marriage Understand how your love style impacts your mate Break free of negative patterns that hinder your relationship Enhance your sexual intimacy Create the deeper, richer marriage of your dreams Discover the truths that have transformed countless relationships - including the authors' marriage - so you can stop stepping on each other's toes and instead be swept along by the music of a richer, more passionate relationship.

## **Book Information**

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## **Customer Reviews**

I wish I would have known the workbook was included in the back of the book. The description I read said nothing about the workbook included. I ordered the workbook also but found out when the book arrived I didn't need to. This book has been instrumental in changing my thinking and my spouse's thinking. It dives into how our love styles were formed way back in our growing up years.

The way we interacted with others (especially our parents) has a HUGE impact on how we interact with others as adults. Just being aware of HOW we LOVE and relate to others (or view ourselves) plays a HUGE role in overcoming these obstacles and working towards a healthier outlook. Practical exercises are given in the workbook. This is a book EVERYONE should read!!!!!!

Loooove this book and would recommend it to any one in a relationship (marriage, friendship, family). If you want to know why you connect/behave towards people the way you do and why people connect/behave towards you the way they do especially where conflict is prevalent, then this book is a MUST read. Milan and Kay using God's principles help you to unravel the source/root of problems when we struggle in relating to one another such as injured imprints that disrupt a relationship, understanding how our love style affects the other, breaking free of negative patterns and more to create a deeper, healthier, loving relationship. I bought this for my struggling marriage and though I was alone in my discovery (my husband was not willing) it has helped me understand the dynamics of my marriage. You receive the optimum treasures this book has to offer when both parties are involved.

Best self-improvement book I've ever read. I feel that every newly married couple should read this. It was amazing how my love style was described and explained to me. I felt like someone looked right into my heart. I've never had anyone or any counselor describe my personality type/love style like the Yerkovichs. Reading this book has helped me tremendously; I could hardly put it down. I don't feel so alone anymore because there are others out there just like me. I've learned so much about myself and different things I can do to help myself. I am so thankful that God put the task of writing this book on the Yerkovichs' hearts. I thank you both so very much. And I just have to say thank you to Focus on the Family because without them, I would not have known about this book. I am so glad the Yerkovichs took the time to do the broadcast with them.

My wife and I went through this book together recently and I found the book to be one of the most helpful books in explaining challenging marriage dynamics. As I read the book, I could identify my love type as well as my wife's and understand better why we do the things that we do good and bad. This book has a religious element to it so if you aren't into that, you may not enjoy that aspect of the book. Overall, I would recommend this to any married couple who wants to understand themselves and their spouse better.

How We Love has totally revolutionized and revitalized my marriage and helped me in all my relationships. My husband and I have had 36 good years of marriage, but the last six years have been tough as I have been battling terminal cancer. It has challenged our marriage and we had shut down a lot. The struggles of the last six years revealed where we were weak in understanding each other. How We Love is not some simplistic formula, yet it is really readable and it starts by taking you deeply into understanding how YOU love, as well as how other people love. Compassion replaces frustration. Wonderfully, the book is much more than theory. The intense workbook in the back of the book goes far to replace the counseling sessions you would like to have with the authors after you read the book. (Recently, the workbook has been re-released as a separate item and that would be nice as the workbook in the book does not provide any space for writing.) Also, the authors publish a free, weekly e-blog where topics from the book are discussed; questions answered. Though this book is geared toward couples, I wish everyone could read it as everyone has relationships in their lives and How We Love would be helpful to anyone for seeing themselves more honestly and deeply, and understanding on a much deeper level the people they interact with.

This book clearly defined every romantic relationship that I've had. When I was reading, it was as if light bulbs kept turning on in my brain one after another until I could see so much more clearly than I ever have before. I now understand what my problems are, and why I am so resistant to change. I am a classic avoider, and this book help me understand why I avoid and why am so attracted to vascillators. These terms may seem like jargon and trying to explain the differences in this review wouldn't do the proper definitions justice. In the past I have been so frustrated with certain women, and I could never find out why. I understand now. Understanding another person's struggles has helped me become more patient. Instead of getting frustrated, I now know what my response should be. It all boils down to pain and anguish. We all have issues from our past. Some of us have endured a lot of turmoil in our childhood, and we deal with that turmoil in different ways. I really wish I could have come across this material years ago. It would have made my dating life so much easier. I probably would have stayed in a relationship that I let go of because of my lack of understanding of the young lady's hurts. What I thought was irrational behavior was really a cry for help. This book isn't just for dating and marriages though. After reading this book, I understand so much more why people do the things that they do. They have conditioned themselves to cope with pain in a certain way, and I have so much more empathy for other love styles than I had before. Bottom line, you must read this book. This is the best book on relationships that I have ever read. I have recommended it to many people and they all love it. I am currently looking for a wife, and this

resource has been essential to my search. Special thanks to Milan and Kay for their amazing insight.

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