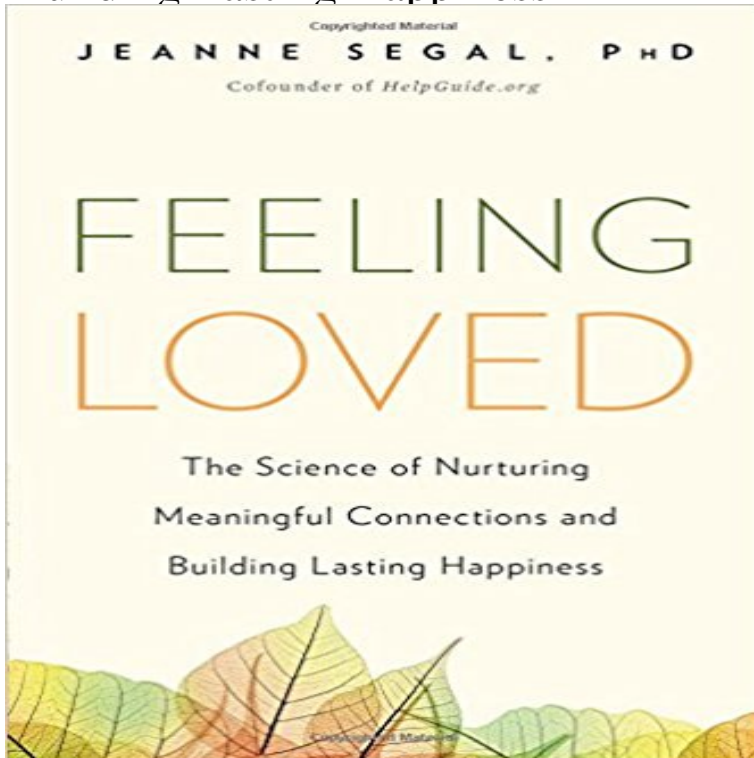


Feeling Loved: The Science of Nurturing Meaningful Connections and Building Lasting Happiness



Do your connections with friends, family, or romantic partners leave you feeling dissatisfied or disconnected? Emotional intelligence pioneer, Jeanne Segal, Ph.D., doesn't just talk about love and connection, she shows you how to get and give loving experiences that are nurturing and fulfilling. She draws on new discoveries in neuroscience and her 45 years as a therapist to show us how the nervous system experiences love, how this translates into satisfying relationships, and why we need these experiences to overcome stress. *Feeling Loved* explores what we unwittingly do that hijacks our ability to feel loved and goes on to offer powerful research-based tools to transform relationships and support emotional well-being. 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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