



How To Fall Out Of Love - New Revised Second Edition

By Dr. Debora Phillips, Bob Judd

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How To Fall Out Of Love - New Revised Second Edition By Dr. Debora Phillips, Bob Judd

You can't stop thinking about him or her. Everybody tells you to stop: He's gone. She doesn't love you. Get over it. But no matter how hard you try to stop, you can't.

Until now.

Millions have gotten over a lost love thanks to the book that defined the field. Now renewed and revised with new techniques for a new generation, Dr. Debora Phillips classic is finally available for heartbroken people who are ready to get on with their lives.

How to Fall Out of Love is based on behavior therapy, with all its virtues: brevity, action, and a systematic, step-by-step program to reach specific goals. Dr. Phillips delivers a tried and true, amazingly easy-to-follow therapeutic guide to help you:

- * stop obsessive thinking about him or her
- * take him or her off their pedestal
- * overcome jealousy
- * rebuild your inner strength and confidence
- * handle Internet dating
- * get on with a new love and a new life

How to Fall Out of Love demonstrates one of the great strengths of behavior therapy dealing with large, complex emotional difficulties in manageable component parts. And its clarity, warmth, and understanding make the techniques of behavior therapy accessible and useful.

With over 30 years of using these methods, Dr. Phillips has seen over and over how her techniques work in only a few weeks, and how her patients free themselves from their love-obsessions.

Rid yourself of that debilitating, dead-end relationship that is ruining your life. Move forward to the love you deserve because you can't fall in love again... if you haven't fallen out of love first.

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Editorial Review

Review

I love your work because it works. If I had a broken heart, I know you could fix it. --Oprah Winfrey

About the Author

Dr. Debora Phillips has had multiple appearances on Oprah, Today, as well as over 100 television and radio shows. She has been the subject of innumerable newspaper and magazine interviews, including features and articles in The New York Times, Harper's Bazaar, Glamour, and Cosmopolitan. She has taught at USC, Temple and Columbia University Medical Schools and published widely in academic journals.

Users Review

From reader reviews:

April Little:

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Michelle Porter:

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Charles Steen:

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