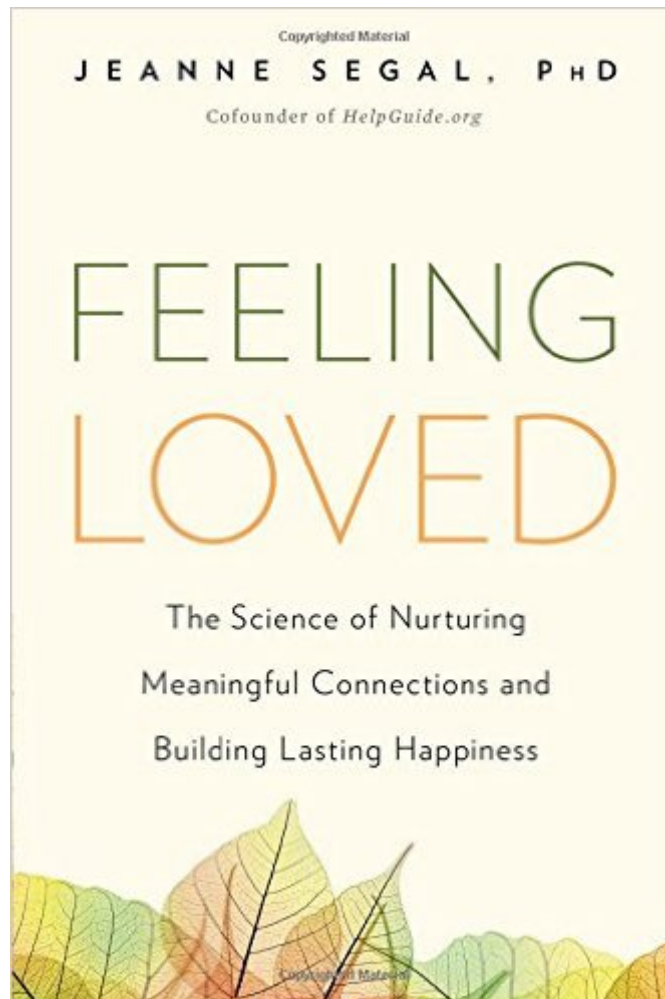


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# Feeling Loved: The Science Of Nurturing Meaningful Connections And Building Lasting Happiness



## Synopsis

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.

## Book Information

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## Customer Reviews

Wow, this is a book everyone could benefit from! Professionals can recommend this book to their clients and then the clients can share it with friends and family. The writing is easy to follow and examples assist in complete understanding. Parents would do well to read this early on and begin

thoughtful practices. This author has an excellent website also, [helpguide.org](http://helpguide.org), that is extremely well done and useful for anyone interested in understanding their own emotions and how to go about improving the quality of their relationships. The research based foundation for the interventions and practices allow one to move forward with peace that they can really make positive lasting change.

What I liked most about this book was the combo of information and practical application. Half the time I was nerding out on all the neuroscience facts, but I also walked away with simple yet effective exercises that actually help me apply the science to my life (which is what really matters at the end of the day.) The big point is that there's a difference between being loved and *\*feeling\** loved. It doesn't matter how many people you have around you telling you how much they love you-- if you don't know how to receive it, it won't make a meaningful difference in your life. But the problem is, getting your brain to *\*receive\** love can be a science all in itself. If you're bad at connecting with people emotionally, you know what I'm talking about. But like she says in the book, "We need to engage the emotional parts of our brain to be our most intelligent." So basically, this book will make you smart.

This book is a rambling joke, most of which has nothing to do with feeling loved. Here it is: Chapter 1: Feeling loved is important. We need to feel loved. (examples of what bad things happen when we don't feel loved) - no hint on how to feel loved yet. Chapter 2: "Stress is bad. It's very important to not have stress. (more examples of how stress has destroyed lives) Repeat! Stress isn't good! You need to decrease your stress instantly using quick sensory techniques that work really well!" - never tells readers what these techniques are or gives any examples of how they work. Chapter 3: Being in touch with your emotions is important! (more awful stories of ruined marriages) - hints that the key to knowing your emotions is some "ride the wild horse meditation" no other info given. Chapter 4: Ride the wild horse! A run-of-the-mill breathing meditation that keeps pain and stress in one's awareness for as long as possible. Sit with the pain. Breathe in the hurt. Nothing to do with feeling loved, emotional awareness, or horses of any kind. The end! Give this book an F for False Advertising. A rambling mess of topic chasing, tangents and unfulfilled promises - the pinnacle of which is a breathing meditation. Thanks for nothing. Can I give zero stars? I want to give zero stars. Never have I been so outraged by a BOOK. I want my money back. Really.

This is the single most insightful and practical book on how to feel others love and to love others so they feel loved, besides scriptures. It is as good, if not better, than the 5 love languages!! And that's

saying something!!

Reading this book made me realize how much stress (and our ingrained reactions to stress) impacts our relationships, resulting in unhappiness and adding to our stress. But it doesn't have to be that way. We can recognize our reactions, get in touch with our emotions, do it better. Dr. Segal provides the tools to make that change. As I've practiced the steps laid out in the book, I've witnessed improvement in my personal and work relationships. The book is very accessible with real life examples and easy to follow steps to change our reactions and improve our communications. We can all be happier with less stress and a greater sense of connection in all our relationships.

I found this book a disappointment. The examples were simplistic and remedies few. The "Ride the Wild Horse" meditation was unduly repetitive and of questionable value to the average reader. Nothing in the book addresses how to help the individual who did not have a nurturing caregiver. This, in my opinion, is one of the most common issues individuals have who do not feel loved.

This is very timely and important book, not to mention a very enjoyable read. After spending a life of being loved, but not really feeling loved, I now clearly understand practical and achievable ways to shift that. I am seeing my relationships transform as I integrating the teachings and lessons from the book into my real life, and that is worth gold. I have followed Dr. Segal's work for years, from her books to her work helping the world through HelpGuide.org. This is one of her best works to date. Highly recommended.

It's not enough to be loved. We need to FEEL loved. This is so important, and such an important distinction. In this book, Dr. Segal, the founder and editorial director of HelpGuide.org, brings together solid research with her extensive clinical experience to help us understand the importance of feeling loved, along with practical advice for how to do that. This book is a quick read and engagingly written and I expect to break it out and read it every year or so to keep me and my relationships strong.

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