



Women Who Love Too Much

Robin Norwood

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The relationship classic hailed by Erica Jong as “life-changing”—now updated with a new introduction and resource section!

The #1 *New York Times* bestseller that asks: are you a woman who loves too much?

- Do you find yourself attracted again and again to troubled, distant, moody men—while “nice guys” seem boring?
- Do you obsess over men who are emotionally unavailable, addicted to work, hobbies, alcohol, or other women?
- Do you neglect your friends and your own interests to be immediately available to him?
- Do you feel empty without him, even though being with him is torment?

Robin Norwood's groundbreaking work will enable you to recognize the roots of your destructive patterns of relating and provide you with a step-by-step guide to a more rewarding way of living and loving.

If being in love means being in pain, you need to read *Women Who Love Too Much*.

Women Who Love Too Much Details

Date : Published April 8th 2008 by Gallery Books (first published 1985)

ISBN : 9781416550211

Author : Robin Norwood

Format : Paperback 352 pages

Genre : Self Help, Psychology, Nonfiction, Relationships



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From Reader Review Women Who Love Too Much for online ebook

Agnes Van westerloo says

I hated the book, threw it in a corner, picked it up again and weeped until the end....

Calypso says

Mulheres que amam de mais é um livro que nos faz reflectir bastante sobre relações podendo ainda tornar-se emocionalmente pesado.

Ao longo do livro encontramos vários testemunhos sobre casos de mulheres que amam de mais, normalmente mulheres com fortes problemas que tiveram inicio na sua infância colmatando em fortes défices emocionais que, de alguma forma, elas desejam preencher através do "amor".

Contudo, todas elas parecem ter uma forte atracção, não por homens que de facto as amem, mas sim por homens problemáticos pelos quais se "apaixonam" controlam ou ficam obcecadas. E, apesar de verem os problemas deles (ex: álcool ou infidelidade) o «posso salvá-lo» torna-se mais forte arrastando-as para relações destrutivas e que apenas lhes causam mais dor e sofrimento.

No livro é ainda relatado um caso de recuperação, uma batalha difícil para muitas mulheres mas não inatingível.

Robin Norwood deixa ainda vários e valorosos conselhos para todas as mulheres que amam de mais.

"Se um indivíduo é capaz de amar de um modo produtivo, também se ama a si próprio; se apenas é capaz de amar os outros, não é capaz de amar de todo." - Erich Fromm, A Arte de Amar.

Catherine says

Honestly, this book allowed me to realize what I personally was(is) doing wrong in relationships. This book states how our childhood can affect our future relationships with partners and friends, stories from women with different traumas they've experienced in their life, the problems they encountered with their destructive partners, and the reasons why they are attracted to them.

I've dog-eared so many pages that I thought had very good key points to keep in mind.

I recommend this to all types of women who have discovered themselves in turbulence relationships with the same pattern of unhealthy, agonizing emotions. This book affirms us of our own self-worth, how to seek help and not be ashamed of loving too much, and how you can continue a healthy lifestyle of trying to make

yourself happy first.

Christine says

Ahmad Sharabiani says

?Women who love too much: when you keep wishing, Robin Norwood

Women Who Love Too Much is a self-help book by Robin Norwood published in 1985.

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Christine Roach says

Very insightful book. I appreciated the ideas that you cannot change your partner, you only can change yourself. When you focus on all of your partner's "flaws" and think that if they change you will be happy, you are using that as an excuse not to address your own problems. Also that being "selfless" can be a form of manipulation. There is definitely truth in that if we focus on ourselves and strive to be better and give less focus on our partner's issues by trying to control or change them, that leads to a healthier life and a healthier

relationship dynamic.

Anastacia says

Yes, Women Who Love Too Much is the quintessential self-help book. It fits every stereotype given to this genre. That being written, I read this at a time when I needed the help and to understand relationships. It was after a particularly devastating relationship and I was in a dark place. I don't remember if anything impacted me when I read the book, but years later I find myself flashing back to it from time to time, remembering something small from the book and being able to make some sense of things or relate certain issues in the present back to the information that seeped through. There have been many "Ohhhh...yeah, I remember reading that" moments for me.

It's not going to change your life or save you from falling into your darkest places, but it's a good book for women to read if only to understand certain patterns of behavior that either we, individually or collectively, put into our relationships. While I don't remember it to be preachy, it does a good job of explaining why we may do certain things and why we shouldn't.

Yes, it's kitschy and you might be embarrassed if someone sees that you're reading it, but I'd recommend this for all women.

Sve says

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Rebecca Nolan says

I picked this up on the way out of my sons' head start during a separation with my husband. I didn't think I would get very far into it but thought I should try considering my situation. The first 60+ pages flew by and I had learned an incredible amount. Sometimes God sends us little signs, like the lonely old book sitting on the table next to the door!

pegah says

I think this book is a necessary to be read by all women not because we are in same situation with women mentioned in this book, but because the nature of all women is to be kind and pleasing others. Then we can understand how much kindness is logical in relationships. For me my mom is the God of kindness but even in our relationship I always ask her to be kind to herself first then others and I think this is the best and healthier way to connect others by a woman.

Olga says

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Ayesha says

This book changed my life. I've never believed in self-help books, but this book is just unbelievable! It makes you feel as if someone just entered your mind, read every word and then put it down in a way that almost makes you shiver.

It's so perceptive, it's almost uncanny. If you are or ever have been in a relationship that's meant more pain than love, more tears than joy and more giving than what you're getting in return, this book is for you. It's the biggest wake up call you'll ever get. I cannot recommend it enough!

Sherry says

changed my life.....again. My sister gave this to me, the first time i read it, I got mad. the second time I read it, I cried. the 3rd time I read it, I left my husband.....but be warned, unless God changes you inside, if we don't learn from our past, we WILL repeat it...in bad relationships...that's why i am single.

Donna Ledesma says

I have to be honest that in the span of 12 days of reading this book I have noticed a shift in my attitude -- I became irritable, more critical, maybe intolerant. That's definitely unpleasant, because the book reminded me so much of my sad adolescence.

My story is nowhere near as catastrophic as the incredible, inspirational stories shared in the book; but I'm from a broken family and my childhood/adolescence basically consisted of numerous memories of my parents quarreling and fighting. Reading Women Who Love Too Much has definitely opened my wounds that have already long been healed.

The reason why I bought this book, and why I got astonished and excited when I stumbled upon it, is because I've always thought I AM a woman who loves too much (as evidenced by my past relationship/s, ages ago). Although I fairly think I've gone a long way since and am fully recovered, at a young age I am in this process of loving myself, living life to the fullest. By doing this I know I'm taking baby steps towards preparing myself for the man I'll be with for the rest of my life, constantly thinking and living according to the principle that I am not a half waiting to be made whole.

And that's what this book is all about.

Sure, Robin Norwood's writing has reminded me of my previous painful life, but I closed the book with a smile on my face, because, as she said: "With understanding comes the opportunity for choice, so the greater your understanding, the greater our freedom of choice." I opened myself to whatever new ideas, knowledge and perspective this book has to offer. The more I learned, the more I knew, the more I understood, the more forgiving I had to do, the more I had to let go and accept... and that's the best part of reading the book -- it cracks you open, it compels you to stop, let go, live, love and accept yourself... first.

Thank you, Robin Norwood. Your unparalleled passion, expertise and experience will continue to educate and heal a lot of people, myself included.

Highly recommended!

Wendy says

I am not a fan of self-help books generally speaking, so when a friend who'd been in a situation similar to mine suggested I read this book, I blew it off for almost a year. I was pretty sure I'd be too busy rolling my eyes at it to actually absorb anything written on the page. As it turns out, this book spurred me to take a long look at myself and the choices I'd made- both healthy and un- and to ask myself a lot of questions I hadn't thought to ask myself in a very long time, if ever.
