



Do I Have to Give Up Me to Be Loved by You?

Jordan Paul, Margaret Paul

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This widely acclaimed bestseller teaches couples how to work through conflict in ways that create more love and intimacy. Illustrates various paths through conflict in chart form. Discusses obstacles & includes exercises.

Do I Have to Give Up Me to Be Loved by You? Details

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From Reader Review Do I Have to Give Up Me to Be Loved by You? for online ebook

Jeanette says

This was the book that was the first step to reclaiming my identity as a woman and to saving my marriage. Highly recommend it.

williamdesign says

I'm reading this book with the intent to avoid a stormy and tempestuous relationship. I'd rather get along, and work out conflicts in a constructive manner through exploration, rather than protection and becoming defensive and belligerent. I'm just trying to improve my relationship, so that it is more loving and rewarding.

Kit Fox says

This book was recommended some time ago, and it occurred to me that it might be useful to read it in order to better support a few people close to me. I was expecting an exploration of communication and compromise within relationships, and how that could lead to the erosion of self.

Instead, I got a bunch of self-congratulatory tripe reminiscent of the Fear<--->Love dichotomy from Donnie Darko - unproven assertions, repetition in place of research, weasel words to rival the Reverse Therapy book from last year, black-and-white scenarios, and sales tactics for the franchise. There may be some basic communication strategies in there that are useful if you haven't encountered them before, but they're better found elsewhere.

Jerry And says

THINK I WANNA READ

Özlem says

Beni Sevmen ?çin Kendimden Vaz m? Geçmeliyim?

Bryan457 says

This one really clicked with me.

I prefer a "how to know each other better" approach, rather than the seemingly more common "this is the way you should be" approach.

It is a fairly simple concept, just a different way of looking at things that opens up a more or less limitless exploration of myself and my wife's thought processes, reasons for doing things, etc.

The main concept I took away is to choose to set aside judgment on acts, thoughts, reactions, etc., and instead assume that I and the other person both have very good/valid reasons for thinking, saying doing, reacting the way we do. The main emphasis is on exploring what those reasons are, as many layers deep as you can handle. So understanding instead of blaming and judging.

Malaina says

I have learned about my self what makes me made and why it makes me mad. I need to explore our conflicts instead of protect myself

Matt says

I'm learning to accept myself for who I am and not change for my future signifigant other but try to figure out why she and I do the things we do.

Seth says

I don't know how effective the strategies in this book are, but they at least initially, mostly resounded with me. The theory seems to be to accept that sometimes we will have childish emotions and to overcome our anger, withdrawal, criticism, and other behaviors to understand where our pain comes from. We need to accept pain, but let our spouse do what they want and hope (without demanding) that they will voluntarily change for the better. Don't know if it's effective and sometimes seems like there are actually right and wrong, but it seems like the strategies written in this book might be a good enough start.
