



## How to love without losing (your self): 29 Smart Rules for building Relationships

*Rolf Arnold*

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Love, in general, is a ubiquitous topic, but privately – perhaps too private. This privacy is surely a major reason why people generally stumble unprepared into love relationships – unaware of the forces driving them, and often confused about the changes they are exposed to in the relationship over time and the inevitable disillusionment they experience. On the other hand, love is an important social force: It brings people together and emboldens the start of families. However, it can also lead to breakups and shattered families. This book is not a self-improvement guide in the usual sense. It is rather an attempt to describe the most complex form of social relationship – love. In the process, the reader comes to understand how daily relationships effect and transform us. The author also strives to relate his assessments, theories, and recommendations for smart relationship building, to the most recent findings from cognitive, communication, and couple research. The thesis reads: the ability to form a relationship is an acquired skill, promoted and developed through self-reflection, understanding, and practice.



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