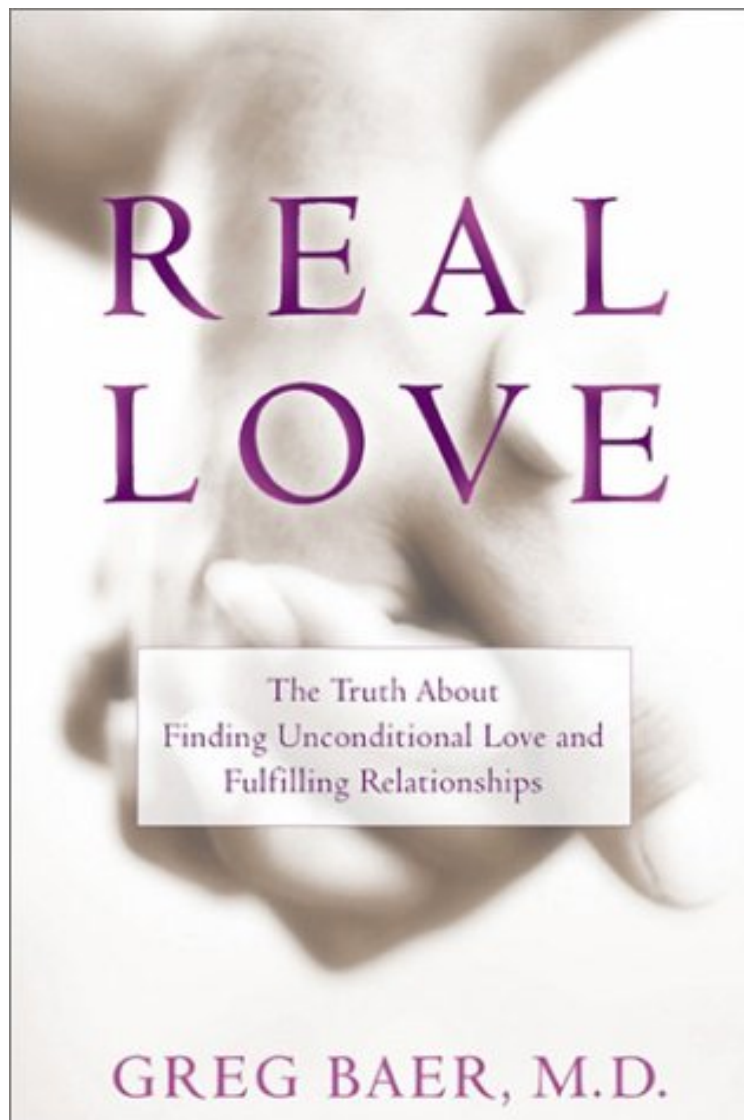


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## Real Love : The Truth About Finding Unconditional Love and Fulfilling Relationships

*Greg Baer*

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**Greg Baer : Real Love : The Truth About Finding Unconditional Love and Fulfilling Relationships** before purchasing it in order to gage whether or not it would be worth my time, and all praised Real Love : The Truth About Finding Unconditional Love and Fulfilling Relationships:

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thinking about relationships and things will never be the same again. It explains so many things that I've been wondering about for so long and such clear concise language. You really must buy this book if you want to understand relationships. Forget every other book you've ever read on the subject. 1 of 1 people found the following review helpful. Just what I wanted By Susan B. Just what I wanted 1 of 1 people found the following review helpful. This is a wonderful book to learn how we impact others around us and how they impact us. By Holly Foote I now understand why my relationships have always failed in the past. I am so delighted to find out what I do that creates stress and chaos. Once I understood the dynamics I have been able to change my life around. I have developed so many new friendships and have found such value in being open and honest with everyone. Great information and tools for my life.

With Real Love, nothing else matters; without it, nothing else is enough. Why do most people spend their whole lives searching for loving and happy relationships but rarely find them? What is the "secret something" that all relationships need in order to thrive? Dr. Greg Baer found the answers to these questions while working with hundreds of individuals and couples. In Real Love, he shares his enlightening and practical blueprint for creating successful relationships and reveals the secret to finding and keeping what he calls "Real Love."

From Publishers Weekly The most remarkable aspect of this self-help book is the author's avowal that he's been there, too, while he stretches a rudimentary concept into a full-blown book. Baer's message is simple. People toiling away in lukewarm relationships are lacking "real love"-the ability to care unconditionally about the happiness of another person. "When we're unhappy, our misery is not the fault of our partner. Blaming that person is therefore foolish, wasteful and destructive, because no matter how much we demand or insist, he or she cannot make us happy." Ophthalmologist Baer (The Truth About Relationships) is not the first champion of the "you-get-out-of-it-what-you-put-into-it" school, and his suggestion that individuals are responsible for their own happiness is hardly novel. What distinguishes his map to the romantic holy grail from the others in its genre is Baer's admission of his own fallibility. He's been down and out, and there's something reassuring about his willingness to admit to failures as well as triumphs. As a result, the overall effect of this book is soothing, but readers shouldn't expect the truths found here to be anything new. Copyright 2002 Reed Business Information, Inc. From Library Journal This self-help book is written by an ophthalmologist who uses his personal experience of recovery from divorce and drug addiction to chart a course for others to learn how to find real love in heterosexual marriage. By "real love," Baer means love that is given unconditionally, and he describes many situations that may look like love but are only "imitation" in that it has conditions or strings attached. He also characterizes the many behaviors that people use either to get love or to protect themselves from lack of real love. Unfortunately, his reasoning often seems circular and simplistic, and there are areas where his judgment can be challenged: his discussion of anorexia is not supported by current psychological theory, and his brief discussion of abusive situations could be dangerously misconstrued to lead a victim to stay in a violent relationship. Finally, there are no notes or bibliography. Although the author is popular on the lecture circuit and radio, there is enough questionable material here to withhold a recommendation. Many better books on relationships are available. Margaret Cardwell, Christian Brothers Univ., Memphis, TN Copyright 2002 Reed Business Information, Inc. "For me, back pain is an occupational hazard. "Back Rx helped tremendously in putting me back in rhythm."? Move over, John Gray! Dr. Baer is the ultimate relationship expert.? (Matthew Gray and Angelina, "Love Life Radio") Move over, John Gray! Dr. Baer is the ultimate relationship expert. (Matthew Gray and Angelina, "Love Life Radio") a Move over, John Gray! Dr. Baer is the ultimate relationship expert. a (Matthew Gray and Angelina, "Love Life Radio")