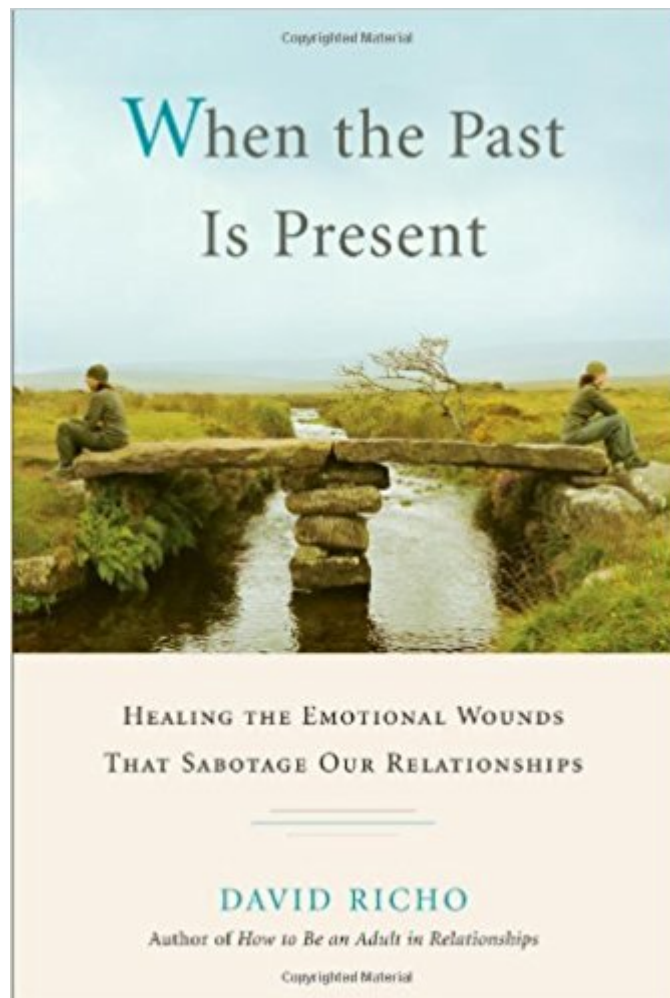




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When The Past Is Present: Healing The Emotional Wounds That Sabotage Our Relationships



Synopsis

In this book, psychotherapist David Richo explores how we replay the past in our present-day relationships—and how we can free ourselves from this destructive pattern. We all have a tendency to transfer potent feelings, needs, expectations, and beliefs from childhood or from former relationships onto the people in our daily lives, whether they are our intimate partners, friends, or acquaintances. *When the Past Is Present* helps us to become more aware of the ways we slip into the past so that we can identify our emotional baggage and take steps to unpack it and put it where it belongs. Drawing on decades of experience as a psychotherapist, Richo helps readers to:

- Understand how the wounds of childhood become exposed in adult relationships—and why this is a gift
- Identify and heal the emotional wounds we carry over from the past so that they won't sabotage present-day relationships
- Recognize how strong attractions and aversions to people in the present can be signals of own unfinished business
- Use mindfulness to stay in the present moment and cultivate authentic intimacy

Book Information

Paperback: 224 pages

Publisher: Shambhala; First Edition edition (July 22, 2008)

Language: English

ISBN-10: 159030571X

ISBN-13: 978-1590305713

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 87 customer reviews

Best Sellers Rank: #27,272 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychoanalysis #102 in Books > Health, Fitness & Dieting > Mental Health > Emotions #179 in Books > Self-Help > Relationships > Love & Romance

Customer Reviews

David Richo, PhD, is a therapist and author who leads popular workshops on personal and spiritual growth. He is known for drawing on Buddhist thought, poetry, and Jungian perspectives in his work. He is the author of *How to Be an Adult in Relationships* and *The Five Things We Cannot Change*. He lives in Santa Barbara and San Francisco, California.

Honestly this book is great for you even if you are in a healthy relationship. Its just good reading with a solid foundation. I sent this book to my then GF now EX GF. I hope this helps Bethany get through the issues that are dragged from relationship to relationship. This book cuts through the garbage and calls it like it is.

I don't know if it was just me, but I felt like the same concepts were covered, just in different ways. Granted, the author did cover some really great insights about transference, but I got bored of reading about it after I was at page 80 and decided to move on to a different book.

Fantastic book and I bought extra copies for several family members. I wished I had this knowledge when I was in my early twenties things really make sense now.

Required Reading. If you have not read anything from David before, don't wait..

Helped through a rough time.

Good read in sections.

Outstanding. Went to hear him in person after reading the book, and it was everything I hoped and more! Thank you, David, for your clarity and wisdom!!!

This book, should of been read before I had any relationship. And re read over and over. It has helped me realize so much of why I made so many mistakes, and thought the way I had. Great book, take your time and soak it in.

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