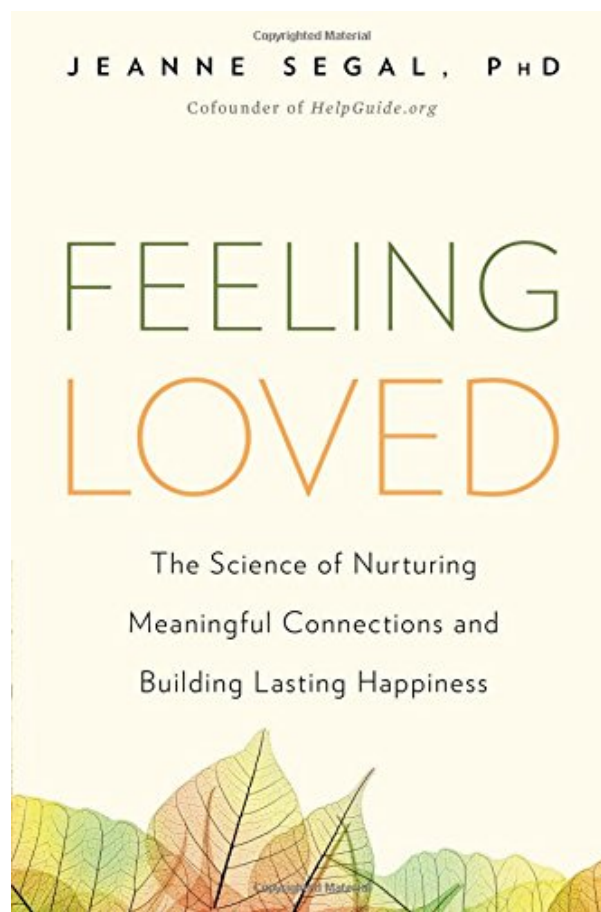


**FEELING LOVED: THE SCIENCE OF  
NURTURING MEANINGFUL CONNECTIONS  
AND BUILDING LASTING HAPPINESS BY  
JEANNE SEGAL**



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# FEELING LOVED

The Science of Nurturing  
Meaningful Connections and  
Building Lasting Happiness



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## Review

"Feeling Loved is thoroughly absorbing and exceptionally well-written from beginning to end." ---Midwest Book Review

## About the Author

Jeanne Segal, Ph.D., is co-founder and editorial director of HelpGuide.org, a trusted non-profit guide to mental health and well-being with over 81 million readers. She has written five books, which have been published in 13 languages.

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# **FEELING LOVED: THE SCIENCE OF NURTURING MEANINGFUL CONNECTIONS AND BUILDING LASTING HAPPINESS BY JEANNE SEGAL PDF**

Do your connections with friends, family, or romantic partners leave you feeling dissatisfied or disconnected? If you're receptive to making changes, Emotional Intelligence pioneer, Jeanne Segal, Ph.D., shows you how to get and give loving experiences that are nurturing, fulfilling and lasting. Drawing on the latest discoveries in neuroscience and her 45 years as a therapist, she shows you how the nervous system experiences love and why the more love you feel, the less stress you experience. Feeling Loved also describes the things we do that hijack our ability to feel loved. In a style that is engaging, practical, and filled with illustrative real-life stories, you will learn new ways of thinking, feeling and acting that make you feel more loved.

In Feeling Loved you learn to:

- Identify and overcome the challenges that keep you from experiencing love
- Use proven techniques to quickly reduce stress and regulate out-of-control emotions
- Communicate your needs and resolve disagreements in ways that are less stressful
- Transform your relationships with everyone in your life

Segal's engaging and practical approach guides readers in developing new ways of thinking, feeling, and acting, in order to make life-altering changes. Enhanced with inspiring and illustrative real-life stories, Feeling Loved is thoroughly absorbing and exceptionally well written.

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## Most helpful customer reviews

20 of 20 people found the following review helpful.

Please give this book as a gift to those you love.....and those you don't

By charrelluv

Wow, this is a book everyone could benefit from! Professionals can recommend this book to their clients and then the clients can share it with friends and family. The writing is easy to follow and examples assist in complete understanding. Parents would do well to read this early on and begin thoughtful practices. This author has an excellent website also, [helpguide.org](http://helpguide.org), that is extremely well done and useful for anyone interested in understanding their own emotions and how to go about improving the quality of their relationships. The research based foundation for the interventions and practices allow one to move forward with peace that they can really make positive lasting change.

27 of 31 people found the following review helpful.

If you want to learn how to connect with people...

By Margarita Rozenbaoum

What I liked most about this book was the combo of information and practical application. Half the time I was nerding out on all the neuroscience facts, but I also walked away with simple yet effective exercises that actually help me apply the science to my life (which is what really matters at the end of the day.)

The big point is that there's a difference between being loved and \*feeling\* loved. It doesn't matter how many people you have around you telling you how much they love you-- if you don't know how to receive it, it won't make a meaningful difference in your life. But the problem is, getting your brain to \*receive\* love can be a science all in itself. If you're bad at connecting with people emotionally, you know what I'm talking about. But like she says in the book, "We need to engage the emotional parts of our brain to be our most intelligent." So basically, this book will make you smart.

19 of 22 people found the following review helpful.

Rambling topic changing nonsense that never fulfills the title's claim

By Amazon Customer

This book is a rambling joke, most of which has nothing to do with feeling loved.

Here it is:

Chapter 1: Feeling loved is important. We need to feel loved. (examples of what bad things happen when we don't feel loved) - no hint on how to feel loved yet.

Chapter 2: "Stress is bad. It's very important to not have stress. (more examples of how stress has destroyed lives) Repeat! Stress isn't good! You need to decrease your stress instantly using quick sensory techniques that work really well!" - never tells readers what these techniques are or gives any examples of how they work.

Chapter 3: Being in touch with your emotions is important! (more awful stories of ruined marriages) -hints that the key to knowing your emotions is some "ride the wild horse meditation" no other info given.

Chapter 4: Ride the wild horse! A run-of-the-mill breathing meditation that keeps pain and stress in one's awareness for as long as possible. Sit with the pain. Breathe in the hurt. Nothing to do with feeling loved, emotional awareness, or horses of any kind.

The end

I give this book an F for False Advertising. A rambling mess of topic chasing, tangents and unfulfilled promises - the pinnacle of which is a breathing meditation. Thanks for nothing. Can I give zero stars? I want to give zero stars. Never have I been so outraged by a BOOK. I want my money back. Really.

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