



Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want

Alexandra H. Solomon PhD

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“A godsend to anyone searching for, but struggling to find, true love in their lives.”

—**Kristin Neff, PhD**, author of *Self-Compassion*

Real love starts with *you*. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love.

Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We've all heard “You can't love anyone unless you love yourself,” but amid life's distractions and the myth of perfect, romantic love, how exactly do you *do* that?

In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on *yourself*, you'll build the best possible foundation for making a loving connection.

By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you *really* want in a romantic partner—you'll be ready to find the healthy, lasting love your heart desires.

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