



## The Passion Paradox: Patterns of Love and Power in Intimate Relationships

By Dean C. Delis, Cassandra Phillips

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Dealing with the problems which arise in a relationship when one partner falls more deeply in love than the other, this book is based on the view that such situations are both common and curable. The difficulties take the form of increasing desire and desperation in the "one-down" lover and dissatisfaction, often mingled with guilt and withdrawal, in the "one-up". The author sets out to change these behaviour patterns and to help to achieve a more balanced, fulfilling and enduring love. Acknowledging that not all relationships can be saved, he also offers guidelines for making the difficult decision to separate. In doing so, he takes a positive view of "next time" and aims to provide fresh hope, new insight and the practical tools for building an equal love that lasts.

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### **Editorial Review**

#### **From the Publisher**

THE PASSION TRAP is among the best books I've ever read--technical or popular--on relationships. It is extraordinarily insightful ... practical and full of suggestions people can use to improve their relationships.... I am recommending it to everyone I know who is interested in this area.

--Robert J. Sternberg, Ph.D., IBM Professor of Psychology and Education, Yale University; President, American Psychological Association; editor of THE PSYCHOLOGY OF LOVE

I had planned to skim through THE PASSION TRAP, but ended up reading every page and taking notes. It captures the essence of today's complicated relationships. Not to be missed!

--Marjorie Hansen Shaevitz, M.A., M.F.C.C., author of THE SUPERWOMAN SYNDROME

It is impossible to have been in love and not find yourself in this book.

--Warren Farrell, Ph.D., author of WHY MEN ARE THE WAY THEY ARE

#### **About the Author**

Dr. Dean C. Delis is a clinical psychologist, Professor of Psychiatry at the University of California, San Diego, School of Medicine, and a staff psychologist at the San Diego V.A. Medical Center. He has more than 100 professional publications and has served on the editorial boards of several scientific journals. He is a diplomate of the American Board of Professional Psychology and American Board of Clinical Neuropsychology. Raised on his family's farm in the central valley of California, he lives near San Diego with his wife, Meg, and three boys, Patrick, Drew and Miles.

Cassandra Phillips' background includes literary criticism, newspaper reporting, and film industry script development. Currently she lives in Hawaii, pursues free-lance writing, and works with her husband Bob Burkey in their commercial orchid nursery. They have two children, Billy and Keely.

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