

How To Fall Out Of Love - New Revised Second Edition

By Dr. Debra Phillips, Bob Judd

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How To Fall Out Of Love - New Revised Second Edition By Dr. Debra Phillips, Bob Judd

"I love your work because I know if I had a broken heart, you could fix it." Oprah

You can't stop thinking about him or her. Everybody tells you to stop: "He's gone." "She doesn't love you." "Get over it." But no matter how hard you try to stop, you can't.

Until now.

Millions have gotten over a lost love thanks to the book that defined the field. Now renewed and revised with new techniques for a new generation, Dr. Debra Phillips' classic is finally available for heartbroken people who are ready to get on with their lives.

How to Fall Out of Love is a systematic, step-by-step program to reach specific goals. Dr. Phillips delivers a tried and true, amazingly easy-to-follow therapeutic guide to help you:

- stop obsessive thinking about him or her
- take him or her off their pedestal
- overcome jealousy
- rebuild your inner strength and confidence
- handle Internet dating
- get on with a new love and a new life

How to Fall Out of Love shows you how to deal with large, complex emotional difficulties and break them down into manageable component parts. It's written with clarity, warmth, and understanding to help you get over an old love and on with a new life.

With over 30 years of using and refining her techniques Dr. Phillips has seen over and over her patients free themselves from their love-obsessions and depression..

Free yourself from that dead-end relationship that is ruining your life. Move

forward to the love you deserve—because you can't fall in love again, if you haven't fallen out of love first.

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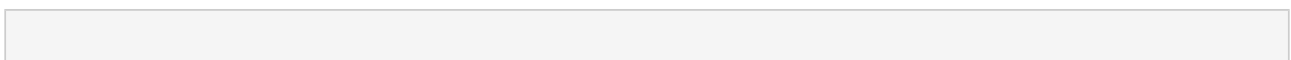
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Editorial Review

Review

I love your work because it works. If I had a broken heart, I know you could fix it. --Oprah Winfrey

About the Author

DR. DEBORA PHILLIPS grew up in Brooklyn, New York, and was educated at Barnard with a master's degree from Rutgers and a doctorate from San Francisco's Institute for the Advanced Study of Human Sexuality.

Dr. Phillips began her academic career as Assistant Clinical Professor at Temple University School of Medicine. She has been the Clinical Assistant Professor of Psychiatry at USC's medical school and the Assistant Clinical Professor of Child Psychiatry at the College of Physicians and Surgeons at Columbia University.

She has been a director of the Princeton Center for Behavior Therapy, a director of Clinical Training at Temple University School of Medicine, a director of Princeton University's SECH counseling program, the director of Temple University School of Medicine's sex therapy program, and a director of the Beverly Hills Center for Anxiety and Depression. Most recently, she was director of *End Teen Cruelty*, an anti-bullying program in New York City.

Dr. Phillips has written three books, *How to Fall Out of Love*, *The New Sexual Confidence*, and *How to Give Your Child a Great Self Image*. She has also published widely in academic journals, published articles in *Harper's Bazaar*, *Mademoiselle*, *Redbook*, *Glamour*, and the *New York Times*. She has been a consultant to NBC-TV, Children's Television Workshop, Wesley-Westminster Foundation at Princeton, and Charles of the Ritz.

Her invited lectures (for IBM, American Bar Association, Robert F. Kennedy Foundation, American Psychiatric Foundation, etc.) papers, academic courses, and her workshops (for Princeton, The Kinsey Institute, Temple University, University of North Carolina, etc.) fill several pages of her C.V.

She has also appeared on *Oprah* four times and on *Today* three times, on more than a hundred TV shows, and has been the subject of innumerable radio and newspaper interviews.

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