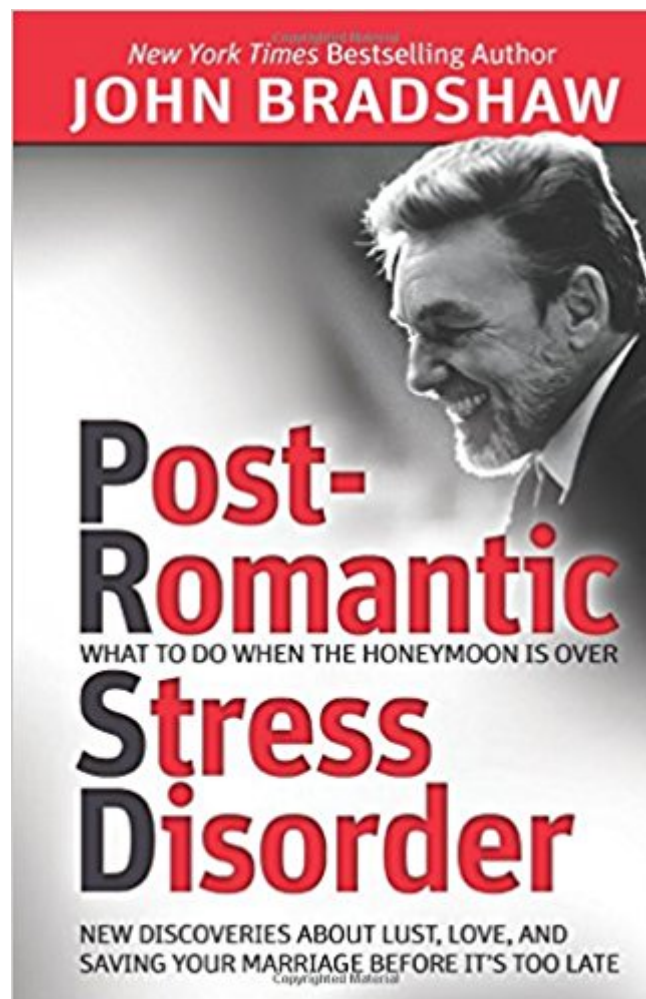




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Post-Romantic Stress Disorder: What To Do When The Honeymoon Is Over



Synopsis

John Bradshaw is arguably the most accomplished and well-known leader alive today in the addictions field. He taught us about functional and dysfunctional families, showed us how shame could become toxic and poisonous to our core selves, and helped us understand and heal the wounded, vulnerable "inner child" conceived by, and thriving in, that environment. In *Post-Romantic Stress Disorder (PRSD)*, Bradshaw gives readers a clear explanation of the difference between falling in love, lust, and true love. Based on his research, PRSD is a deeply serious psychological disorder and the cause of 40% of all divorces — "divorces that could have been prevented. Every day people throw away perfectly good relationships because they just don't know how to navigate the tides, but if they could learn and understand the concepts Bradshaw presents in this book, the portrait of the family unit could have a whole new landscape.

Book Information

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Customer Reviews

On Sunday, May 8, 2016, the recovering alcoholic, psychotherapist, self-help evangelist, and best-selling author John Bradshaw died of heart failure at the age of 82 in Houston, the city in which he was born in 1933. From Bradshaw's high-school years onward for a number of years, he was an alcoholic. Eventually, he sought help for his drinking addiction. Gradually, he recovered from it. However, he was always careful to say that he was a recovering alcoholic. He became a psychotherapist, author, and host of television series on PBS. Bradshaw held three Master degrees: one in theology, one in philosophy, and one in psychology. Disclosure: I have done what for me were post-graduate studies in philosophy (at Saint Louis University) and theology (at the University

of Toronto), but I do not hold a Master's degree in either, nor in psychology. Except for a couple of undergraduate courses in psychology, I am mostly an autodidact in psychology. For example, I have enjoyed studying some of Bradshaw's books over the years. Unlike Bradshaw, I have not had the experience of being an alcoholic, nor the experience of working as a psychotherapist. In his last book *Post-Romantic Stress Disorder: What to Do When the Honeymoon Is Over: New Discoveries about Lust, Love, and Saving Your Marriage before It's Too Late* (2014), Bradshaw explains in detail Silvan Tomkins theory of the primacy of the affect system (pages 105-107).

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