



Post-Romantic Stress Disorder: What to Do When the Honeymoon Is Over

John Bradshaw

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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.

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