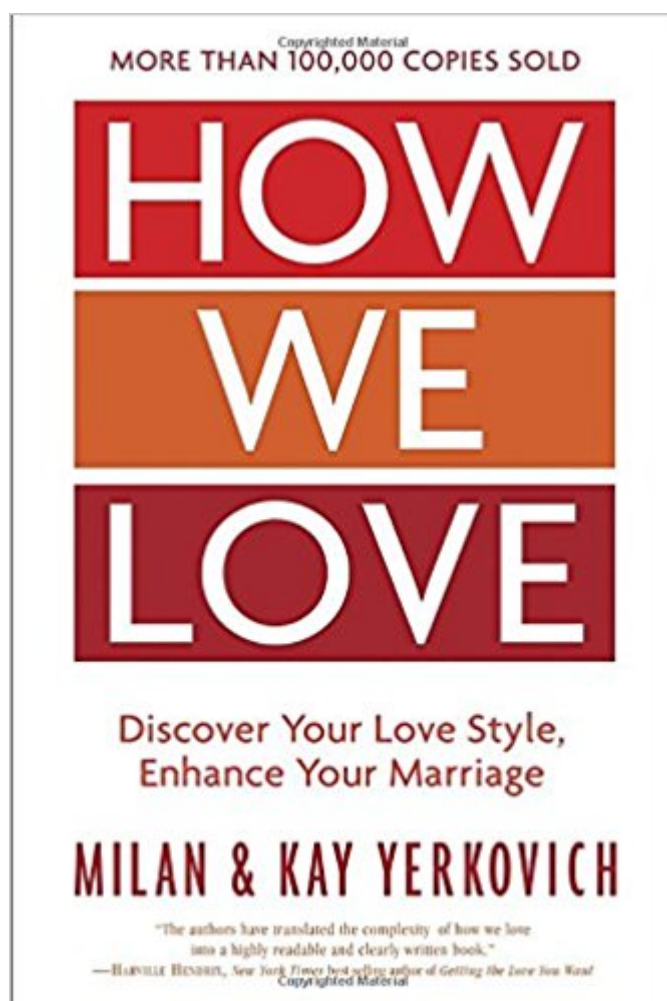


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# How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage



## Synopsis

Did you know the last fight you had with your spouse began long before you even met? Are you tired of falling into frustrating relational patterns in your marriage? Do you and your spouse fight about the same things again and again? Relationship experts Milan and Kay Yerkovich explain why the ways you and your spouse relate to each other go back to before you even met. Drawing on the powerful tool of attachment theory, Milan and Kay explore how your childhood created an “intimacy imprint” that affects your marriage today. Their stories and practical ideas help you:

- \* identify your personal love style
- \* understand how your early life impacts you and your spouse
- \* break free from painful patterns that keep you stuck
- \* find healing for the source of conflict, not just the symptoms
- \* create the close, nourishing relationship you dream about

Revised throughout with all-new material, additional visual diagrams, and a revised accompanying workbook, this expanded edition of *How We Love* will bring vibrant life to your marriage. Are you ready for a new journey of love?

## Book Information

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## Customer Reviews

Praise for *How We Love* “How We Love has the capacity to change not only your marriage but every relationship that’s important in your life.” —Josh McDowell, Christian apologist, evangelist, and author of more than seventy-five books including *More Than a Carpenter* and *Evidence that Demands a Verdict* “The authors have translated the complexity of how we love into a highly readable and clearly written book. Couples will easily be able to identify their love styles and how to transform them into genuine love. I recommend it to all

couples. **Harville Hendrix, PHD**, therapist and educator with over twenty-five years of experience, cofounder and president of the Institute for Imago Relationship Therapy, and author of *Getting the Love You Want* “Milan and Kay bring us a fresh look at intimacy and how we learn to love. Their practical and personal approach will enrich anyone’s marriage.”

**David Stoop, PHD**, psychologist and author of *When Couples Pray Together* “I found *How We Love* to be extremely enlightening: a discovery of how best to love my wife, how to nurture her through a better understanding of our love styles, and how to implement change.”

**Phil Waugh**, executive director of Covenant Marriage Movement “I have had the joy and privilege of working with Milan and Kay on a professional level and have been amazed at the success of their therapeutic techniques. Understanding our love styles and taking down the walls created by our imprints are skills that can help every marriage. I am thrilled that more couples will learn how to strengthen their relationships through the tools described in this book.”

**Dr. Elizabeth A. John, MD**, psychiatrist “Milan and Kay have taken their own life experience, their research over the years, and their experience in the counseling office, and distilled it into a work that is rigorous, original, and understandable. If you want to strengthen and enrich your marriage, as well as grow personally, I strongly encourage you to read and digest this material. The effect on all your relationships will be powerful.”

**Dr. Jim Masteller**, executive director of the Center for Individual and Family Therapy “Through Milan and Kay’s candid stories you will learn your own love style, find how to connect more deeply with your spouse, and ultimately realize who you were meant to be at the core of your being.”

**Greg Campbell**, retired business executive “Forget everything external you think defines you. The quality of your relationships and your contributions to them are what make life great or miserable. This book is a key to a world of insight into intimacy only you can bring to your relationships. With each page, I felt Milan and Kay had seen my movie! My marriage is different today because of the simple, profound help I discovered in these pages.”

**Kenny Luck**, author of *Risk and Every Man, God’s Man*, men’s pastor at Saddleback Church, and founder of Every Man Ministries “The Yerkoviches have taken important developmental and psychological concepts and given them to us in a user-friendly fashion. They give us a peek into their personal journey and the countless people they have helped move from young hurts toward more meaningful intimate attachment. *How We Love* helps us see ourselves more clearly and understand our roles in the impasses of our relationships.”

A practical and impactful read for all!

**Jill Hubbard, PHD**, clinical psychologist, cohost of *New Life Live!* national radio program, speaker, and full-time mom

“I am excited that Milan and Kay have given us the guiding principles of a successful marriage. With candor and uncommon insight they have demystified the issues in relationships that cause so many couples to get stuck. This book will get the wheels rolling and provide a destination filled with hope, healing, and fulfillment.”  
—Dr. Mick Ukeja, president of LeadershipTraq and chair of the Governing Council of the Ukeja Center for Ethical Leadership

Milan and Kay Yerkovich are marriage counselors with decades of experience. Milan is a cohost of New Life Live! with Stephen Arterburn. He holds a master's degree in biblical studies and is the founder of the counseling center Relationship 180. Kay has a master's degree in counseling and focuses on helping couples create healthy attachment. Together Milan and Kay have developed a method of couples therapy called Attachment Core Pattern Therapy. The Yerkoviches are the parents of four adult children. They make their home in southern California.

I wish I would have known the workbook was included in the back of the book. The description I read said nothing about the workbook included. I ordered the workbook also but found out when the book arrived I didn't need to. This book has been instrumental in changing my thinking and my spouse's thinking. It dives into how our love styles were formed way back in our growing up years. The way we interacted with others (especially our parents) has a HUGE impact on how we interact with others as adults. Just being aware of HOW we LOVE and relate to others (or view ourselves) plays a HUGE role in overcoming these obstacles and working towards a healthier outlook. Practical exercises are given in the workbook. This is a book EVERYONE should read!!!!

Loooove this book and would recommend it to any one in a relationship (marriage, friendship, family). If you want to know why you connect/behave towards people the way you do and why people connect/behave towards you the way they do especially where conflict is prevalent, then this book is a MUST read. Milan and Kay using God's principles help you to unravel the source/root of problems when we struggle in relating to one another such as injured imprints that disrupt a relationship, understanding how our love style affects the other, breaking free of negative patterns and more to create a deeper, healthier, loving relationship. I bought this for my struggling marriage and though I was alone in my discovery (my husband was not willing) it has helped me understand the dynamics of my marriage. You receive the optimum treasures this book has to offer when both parties are involved.

Best self-improvement book I've ever read. I feel that every newly married couple should read this. It was amazing how my love style was described and explained to me. I felt like someone looked right into my heart. I've never had anyone or any counselor describe my personality type/love style like the Yerkovichs. Reading this book has helped me tremendously; I could hardly put it down. I don't feel so alone anymore because there are others out there just like me. I've learned so much about myself and different things I can do to help myself. I am so thankful that God put the task of writing this book on the Yerkovichs' hearts. I thank you both so very much. And I just have to say thank you to Focus on the Family because without them, I would not have known about this book. I am so glad the Yerkovichs took the time to do the broadcast with them.

My wife and I went through this book together recently and I found the book to be one of the most helpful books in explaining challenging marriage dynamics. As I read the book, I could identify my love type as well as my wife's and understand better why we do the things that we do good and bad. This book has a religious element to it so if you aren't into that, you may not enjoy that aspect of the book. Overall, I would recommend this to any married couple who wants to understand themselves and their spouse better.

How We Love has totally revolutionized and revitalized my marriage and helped me in all my relationships. My husband and I have had 36 good years of marriage, but the last six years have been tough as I have been battling terminal cancer. It has challenged our marriage and we had shut down a lot. The struggles of the last six years revealed where we were weak in understanding each other. How We Love is not some simplistic formula, yet it is really readable and it starts by taking you deeply into understanding how YOU love, as well as how other people love. Compassion replaces frustration. Wonderfully, the book is much more than theory. The intense workbook in the back of the book goes far to replace the counseling sessions you would like to have with the authors after you read the book. (Recently, the workbook has been re-released as a separate item and that would be nice as the workbook in the book does not provide any space for writing.) Also, the authors publish a free, weekly e-blog where topics from the book are discussed; questions answered. Though this book is geared toward couples, I wish everyone could read it as everyone has relationships in their lives and How We Love would be helpful to anyone for seeing themselves more honestly and deeply, and understanding on a much deeper level the people they interact with.

This book clearly defined every romantic relationship that I've had. When I was reading, it was as if

light bulbs kept turning on in my brain one after another until I could see so much more clearly than I ever have before. I now understand what my problems are, and why I am so resistant to change. I am a classic avoider, and this book help me understand why I avoid and why am so attracted to vascilators. These terms may seem like jargon and trying to explain the differences in this review wouldn't do the proper definitions justice. In the past I have been so frustrated with certain women, and I could never find out why. I understand now. Understanding another person's struggles has helped me become more patient. Instead of getting frustrated, I now know what my response should be. It all boils down to pain and anguish. We all have issues from our past. Some of us have endured a lot of turmoil in our childhood, and we deal with that turmoil in different ways. I really wish I could have come across this material years ago. It would have made my dating life so much easier. I probably would have stayed in a relationship that I let go of because of my lack of understanding of the young lady's hurts. What I thought was irrational behavior was really a cry for help. This book isn't just for dating and marriages though. After reading this book, I understand so much more why people do the things that they do. They have conditioned themselves to cope with pain in a certain way, and I have so much more empathy for other love styles than I had before. Bottom line, you must read this book. This is the best book on relationships that I have ever read. I have recommended it to many people and they all love it. I am currently looking for a wife, and this resource has been essential to my search. Special thanks to Milan and Kay for their amazing insight.

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