



# New "Simple" Solutions to Life's Love Problems and the Polarity of Mind Reflex

*Dr. Daniel Materna Psy.D.*

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Are you tired of failing at love relationships and wondering why love is never secure or lasting in your life? Whether you are a man or woman, this book offers new ideas about love relationships and "simple" tools to help make them last. New "Simple" Solutions to Life's Love Problems and the Polarity of Mind Reflex whittles down the complexities of attachment and love and crafts a simple and understandable model that all can relate to. The ideas and tools provided in this book help allow you to move from protective ways of relating--through excessive caretaking or selfishness--to intimate relating and mutual respect of needs. The model in this book paves the way for couples to safely share needs and feelings which are the building blocks that foster intimate connecting and deep long-lasting love. The book also offers what appears to be the missing link to help individuals, couples, and therapists alike understand many of the core problems in relationships. The Polarity of Mind Reflex describes the relationship fight-or-flight response in ways everyone can identify. The book explains the pattern of creating the same struggle in one relationship after another or making the same mistake in choosing a partner. Most importantly, this book offers tools and strategies for the "quick-fix" many people are looking for when trying to save a relationship or assess its future. Furthermore, the book offers an easy to grasp framework in terms of thinking about relationship problems and how our brain's fight-or-flight response affects us all (for better or worse). It's discussions about conflict, feelings, and conflict tools and solutions are particularly strong in terms of useful suggestions. It provokes the reader into self-examination about whether they are acting selfishly, representing their needs honestly, or clearing up the muddled nature of how needs are negotiated in relationships. In addition, it brings together psychological, ethical, and religious principles in ways that help clarify the long standing problems humans have had with love relationships and how to enhance our likelihood of establishing secure love. And finally, this book offers the opportunity to bring true love and understanding into the lives of those who read it. The human need for secure and lasting love is the ultimate focus of this book. We can all learn something from its content and theories it sets forth.

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