



## Lovelands: Love is a wild and diverse land. Every soul needs a map. (Hardback)

By Debra Campbell

HARDIE GRANT BOOKS, Australia, 2017. Hardback. Condition: New. Language: English . Brand New Book. Love is a wild and diverse land. Every soul needs a map. Nothing is more important to us than love, yet nothing is more painful than love gone wrong. During the course of our lives, we can develop dangerous faultlines and crevasses in our inner emotional landscapes due to past hurts, losses and disappointments. Lovelands is psychologist Dr Debra Campbell's map for traversing the treacherous terrain of love and cultivating the wisdom and self-compassion for healthy love relationships. Drawing on her own knowledge and experiences of dysfunctional love relationships throughout her life and work, Dr Campbell shows you how to become aware of your personal Lovelands so you can locate and identify your faultlines, avoid repeating negative patterns and become empowered to make different choices. Whether you're a parent to others, a lover to another, or working on the care of your own soul, Lovelands will help you make sense of love, from birth to death, and guide you in claiming the role of the hero of your own life and sovereign of your own Lovelands.



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