



## If This Is Love Why Do I Feel So Insecure?

*Carl G. Hindy , J. Conrad Schwartz , Archie Brodsky*

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**If This Is Love Why Do I Feel So Insecure?** Carl G. Hindy , J. Conrad Schwartz , Archie Brodsky  
It doesn't have to hurt to be in love, yet for many otherwise accomplished and confident people, romantic involvement means anxiety, insecurity, and pain. This provocative and authoritative sourcebook, filled with true-life stories and dramatic case histories, will set every reader on a path of greater self-understanding -- and increase the possibilities of finding an enduring love.

### If This Is Love Why Do I Feel So Insecure? Details

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## **From Reader Review If This Is Love Why Do I Feel So Insecure? for online ebook**

### **Sharon Filadelfia says**

ok so clearly it is a self help book. I have read so many! this one is thoroughly researched and offered me some new insights. I so recommend it if you have some - you know - issues in this department.

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### **Gila Lindsley says**

As a therapist, I read this book with a great deal of interest. On behalf of the many women I see who ask exactly that question! I wanted to see what the book might offer them, and discovered that it offers a tremendous amount.

It is based upon extensive research the authors carried out. It is a self-help book, but not in the usual sense. That is, it does not offer pat answers to this terribly important question.

Rather, as the authors themselves say, "We will share our findings here for what they may contribute to self-awareness and personal growth."

Through numerous case descriptions and checklists, it provides the readers with what I consider to be an outstanding outline for how to think about the situation they find themselves in. How come they to be in a situation they call love, and yet find themselves so unhappy, hurting so badly? By defining the possibilities so very clearly, the person is then in an outstanding position to understand, and grow beyond the situation. To find a love that FEELS like love. That does not hurt, but rather feels warm and caring and happy.

The aim is for the reader to "stop handicapping [oneself] in these ways, self-understanding and pattern-breaking experiences (which offer different rewards) are required". Therapy is certainly suggested. But the book alone already offers so very much. Identifying the childhood origins of insecure love, complemented by "case histories case histories of self-discovery and personal growth", the two together being extremely helpful to people who find themselves in this situation. The book is just so rich with these kinds of case studies.

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### **Amelia says**

I registered a book at BookCrossing.com!  
<http://www.BookCrossing.com/journal/11492740>

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### **Kelly says**

Received this book from Book Rooster for review.

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## **Cws says**

152.4

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## **Adriana says**

For me it was one of the most difficult and most rewarding books I've ever read.

I struggled through some chapters, especially the ones which required introspection and really looking at myself and at my relationships, but I was amazed at the insights from chapters 6, 9 and 11 and they helped me see my most important romantic relationship in a different light.

A big and heartfelt thank you to the authors for lending me a hand in navigating this wonderful experience called love.

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## **Paige says**

I got this book for someone else and I wasn't planning on reading it myself but I started reading the first chapter and couldn't put it down. They sucked me in with their sordid stories..."case studies," pshaw, it was better than daytime TV.

It was written by a couple of behavioral therapists and it all seems pretty solid. It's not really "self help"-y, it's more just informational. I think just about anybody could benefit from reading this book--we're social creatures who value relationships. If you don't suffer from insecure attachment yourself, it probably won't be long until you meet someone who does...

It's a pretty insightful book, they don't really make judgments, just try to lay out some ground rules for help. And the case studies are seriously engrossing.

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