



# Hauptsache verliebt?: Was Ihre Beziehung wirklich braucht. (German Edition)

*Reinhold Ruthe*

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Keine Schmetterlinge mehr im Bauch? Der Zustand der Verliebtheit ist für viele das reinste Schlaraffenland. Man hat Schmetterlinge im Bauch und der geliebte Partner scheint absolut makellos zu sein. Doch irgendwann kommt die Ernüchterung und der rosarote Vorhang reißt. Immer mehr (vor allem junge) Paare sind mit dieser Erfahrung überfordert. Gerade in unserer schnelllebigen und digitalisierten Welt hat das Problem der Bindungsangst Hochkonjunktur. Sobald der Partner nicht mehr perfekt zu sein scheint, tauscht man ihn, etwa mithilfe von Partnerbörsen im Internet, einfach aus. Beziehungen werden immer kürzer. Dabei winkt allen, die die Schwächen und Eigenarten des anderen akzeptieren, ein unvergleichlicher Lohn: Liebe mit Bestand. Der erfahrene Paartherapeut Reinhold Ruthe gibt in diesem Ratgeber 13 Tipps, wie eine solche Liebe kreativ erarbeitet werden kann.

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