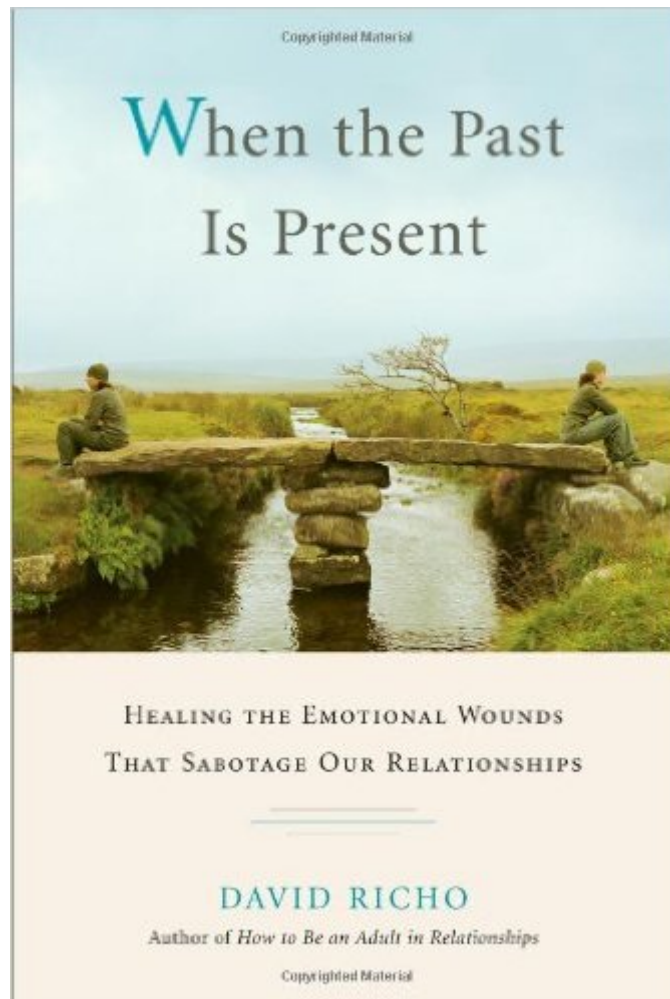


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# When The Past Is Present: Healing The Emotional Wounds That Sabotage Our Relationships



## Synopsis

In this book, psychotherapist David Richo explores how we replay the past in our present-day relationships—and how we can free ourselves from this destructive pattern. We all have a tendency to transfer potent feelings, needs, expectations, and beliefs from childhood or from former relationships onto the people in our daily lives, whether they are our intimate partners, friends, or acquaintances. *When the Past Is Present* helps us to become more aware of the ways we slip into the past so that we can identify our emotional baggage and take steps to unpack it and put it where it belongs. Drawing on decades of experience as a psychotherapist, Richo helps readers to:

- Understand how the wounds of childhood become exposed in adult relationships—and why this is a gift
- Identify and heal the emotional wounds we carry over from the past so that they won't sabotage present-day relationships
- Recognize how strong attractions and aversions to people in the present can be signals of own unfinished business
- Use mindfulness to stay in the present moment and cultivate authentic intimacy

## Book Information

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## Customer Reviews

My friend has an old edition of Dr. Richo's "How to Be an Adult" that she treasures, but it wasn't until this book came onto my desk that I discovered how relevant his teachings were to me. Even though my spouse and I have been together for nearly a decade, I struggle with letting old issues lie and project them into current problems. I do think I'm getting better now because of this book's clear guidance. The 5 A's in particular are simple, beautiful, and easy to take home: Attention, Acceptance, Appreciation, Affection, and Allowance (for your partner to be his/her self). I have

approached several books to improve the relationships in my life and each have illuminated different ideas that have worked for me. Similar to *Impossible Love: Or Why the Heart Must Go Wrong*, this book addresses transference of feelings, like obsessive love, into situations that are not exactly... ideal to say the least/ This book teaches you how to deal with the feelings by changing the thought patterns so they don't get the best of you!

As great as Richo's *How to be an Adult*. Richo's a poet. He gives unparalleled insight to why we act/react the way we do. If you are practicing mindfulness and a Twelve Step program, this book is for you. Both of Richo's books I've mentioned have increased my personal work and deepened my husband's and my relationship.

This book belongs on the shelf of any therapist/psychologist. David Richo suggests that all good relationships are based on the 5 A's: Attention, Acceptance, Appreciation, Affection, and Allowing your partner to be his/her self. The book is based on how earlier life problems are replayed through relationships, aka transference. Richo beautifully discusses how certain relationship issues can be formed and more importantly, how one can break free of old habits that destruct relationships. To top it off the writing is beautifully written.

"*When the Past Is Present*" is one of the best books I have ever read. In this beautifully written work Dr. Richo explains psychological terminology in a manner that is easy to understand. This aspect of the book refreshing, clear and illuminating. Yet it is also a very spiritual book that speaks to one's heart. The material provides a profound and useful way for us to examine relationships so that we can move away from and let go of the past. I believe that anyone who reads this book will be positively and deeply affected by it.

I've found this book to be enlightening. It has shown me how my past shows up in most all of my current relationships and reactions to events. And it makes the point that it is not all bad to have this happen. It can be an occasion to look at those reactions and heal them so that we are not being ruled by former events. I'm enjoying the book greatly.

I purchased this book upon my therapists suggested reading. By page 15 I already cried, very I sightful in a way other books have not spoken to me. However, I consider myself to have a fairly high reading comprehension and this book requires a companion dictionary for nearly every page

for me. I also find the sentences long and wordy to a point where it is difficult to absorb what the author is trying to convey and I am re-reading many sentences many times to try to extract the lesson. If you're looking for an easy read I wouldn't recommend this book. But, if you're in the thick of it with your emotional work I do think this is a valuable companion to support you.

I have developed very strong affectionate feelings for my therapist (which had taken over 3 1/2 years), and didn't know how to handle them. (FYI, I am a male, she is female, both of us are in our mid-40's). Per her recommendation, she suggested I check out a book on transference from the local library, which was David Richo's book. He explained with great examples what transference is, and how we carry our past feelings into our present lives. He also gives great examples on how to deal with them, how to change our thought patterns and not let our feelings and emotions control our lives in a negative way. I liked the book so much, when I returned the library's copy, I bought my own. I recommend it for anyone who needs the same help and assistance I did. A great buy for the money!

In this book, David Richo gives very helpful and practical information about how we can turn the relationship challenges of everyday life into resources for personal and spiritual growth. His compassionate understanding of the struggles we have and his clear directions for working with them provide a warm welcome to taking on the demanding and rewarding task of making changes for our own good and others around us. This is a potent resource for self development and transformation.

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