



## Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy

By Dusty Miller

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Are you afraid of or unable to create intimacy or closeness with your intimate partner? Do you find that sometimes you create emotional, communicative, or even physical distance from that special someone in your life, even when, deep down, you really don't want to? If so, you share the relationship style psychologists refer to as the distancer. Distancers are often afraid of being engulfed or controlled by their partners. They fear rejection, vulnerability, and dependence. Sadly, they also tend to have short and unhappy relationships.

If you want to stop running from love in your life, this book offers a simple, step-by-step approach you can use to move beyond your fear of intimacy and start building strong and lasting relationships. The exercises and self-evaluations in the book will help you become aware of how you operate in romantic relationships. You'll review and reassess your relationship patterns, deciding what changes you want to make in future relationships. Then you'll commit to actions that can make it happen.

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### Editorial Review

#### Review

Dusty Miller's gentle, wise approach to women and men who distance from love offers a unique guide to finding real connection. This breakthrough approach will change the lives of men and women who struggle with the challenges of intimacy.

—Terrence Real, director of the Relational Life Institute in Newton, MA, and author of the national best-sellers *I Don't Want to Talk About It* and *How Can I Get Through to You?*, as well as the recently published *New Rules of Marriage*

*Stop Running from Love* offers a unique approach to problems of distance in intimate relationships. Miller's three-step model guides the reader to understand the past in order to revitalize existing relationships, and gently guides women and men to risk deeper connections in all their relationships.

—Stephanie S. Covington, Ph.D., psychotherapist and author of *Leaving the Enchanted Forest* and *A Woman's Way Through the Twelve Steps*

#### From the Publisher

**Stop Running from Love** introduces a five-step plan to help people struggling with a fear of intimacy assess their relationship history and develop an action plan for becoming more present, open, and giving in relationships.

#### About the Author

Dusty Miller, Ed.D., is a clinical psychologist, writer, trainer, and internationally-recognized expert in the areas of trauma, addiction, and self-sabotage-including relationship self-sabotage such as distancing. She is the director of the ATRIUM Institute in Northampton, MA. Miller offers training, consultation, and workshops for professionals and paraprofessionals who work with traumatic stress, substance abuse, relational challenges, and more. She is author of *Women Who Hurt Themselves*, *Addictions and Trauma Recovery*, and *Your Surviving Spirit*.

### Users Review

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#### **Kelly Blow:**

As people who live in the modest era should be up-date about what going on or info even knowledge to make these people keep up with the era that is certainly always change and progress. Some of you maybe will update themselves by studying books. It is a good choice for you personally but the problems coming to an individual is you don't know what kind you should start with. This *Stop Running from Love: Three Steps*

to Overcoming Emotional Distancing and Fear of Intimacy is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

**Nettie Powers:**

This Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy are reliable for you who want to become a successful person, why. The main reason of this Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy can be on the list of great books you must have is definitely giving you more than just simple examining food but feed a person with information that possibly will shock your preceding knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed versions. Beside that this Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy giving you an enormous of experience including rich vocabulary, giving you trial of critical thinking that we all know it useful in your day activity. So , let's have it appreciate reading.

**John Dussault:**

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**Jerry Hull:**

Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to put every word into pleasure arrangement in writing Stop Running from Love: Three Steps to Overcoming Emotional Distancing and Fear of Intimacy however doesn't forget the main point, giving the reader the hottest and based confirm resource data that maybe you can be considered one of it. This great information can easily drawn you into completely new stage of crucial imagining.

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