

The Truth About Love - Use Your Brain To Change Your Heart: A Neuro-Affective Approach To Relationship Happiness

Greetings!

I am writing this to you flying from Vancouver on route to Vienna via Frankfurt. The flight path that we are following is travelling over Hudson Bay and Greenland up over the very untravelled lands of the far, far north. As we fly over mile after mile of snow and ice that just seems to go on forever I wonder how much of this area has never been journeyed through by anyone. The topic I wish to write about today may seem to many, and indeed it does to me, like journeying into such untravelled lands. Let me introduce you to Neuro-Affective Therapy (NAT) and how to create permanent change.

One of the joys for me doing all the travel I do across North America and Europe is being exposed to much new and up-to-date research and models about love and relationships. Well it is my pleasure and I am excited to be sponsoring and supporting Dr Pat Love to visit Perth for the first time in July 2004 to present this "ground-breaking" work to us. Pat is a woman of many talents and you can read lots about her on her website:

www.patlove.com

Neuro Affective Therapy is an exciting new approach that has been developed by Pat which integrates new information from the field of brain science with long-standing information from attachment theory and developmental psychology. NAT teaches that effecting change in your life, or helping another to do the same, requires a change of mind - literally. Only techniques that impact the brain will last long enough to facilitate permanent change and the goal of NAT is to actually change the brain in order to form healthier habits and achieve permanent results.

Have you ever longed for a change of heart - yours or someone else's? Have you ever wanted to find more love, or revitalize the love you once had? Do you wish you could be happier with the life you are living? Have you ever wondered or been frustrated (with yourself or probably more so, your partner) why when there are the best of intentions to change a behaviour or a thought or a feeling it's so hard to do it and then so hard to continue doing it or to make it a way of life.... - like all those new year's resolutions, or going on a diet, or a new exercise routine, organizing your desk, spending time with your children, partner, family resolving to not get so angry, depressed, anxious.....whatever....well this work will really open your eyes to many new ideas that are being scientifically proven.

What does Dr. Pat Love know about making love last? As the author of *Truth About Love: The Highs, Lows and How You Can Make It Last Forever* (Simon & Schuster, 2001), *Hot Monogamy: Essential Steps to More Passionate Intimate Lovemaking* (Penguin, 1994) and *How to Ruin a Perfectly Good Relationship*, it's her business to know how to succeed at maintaining a strong relationship. Add to this all her new study which draws on the latest scientific research on the brain which demonstrates that our nervous systems are not self-contained: - **from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm that alters the very**

structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Pat will teach and explain how parents shape their child's developing self, how relationships really function, what makes psychotherapy really work, what changes your brain - how new brain cells & pathways are made and what sort of experiences we need to have to re-wire the brain which is the necessary if we want to create permanent change.

So my recommendation is to mark your calendars and plan to attend these exciting events whilst Pat is in Perth. She will explain what Neuro affective therapy is in a way that is understandable to those of us that are less neurological savvy. The most re-occurring experience that I have with Pat is how rich the material is that she is presenting and how much she has to offer and I am always left very full and wanting to hear more. Next month I will write about the specific steps that you need to take to make a permanent change of heart, maybe through interviewing Pat, so if there are any questions that you would like to ask of her please send them in. It is encouraging that there is a practical, highly effective programme for change that gives neurological and physiological information that makes sense of our experiences. I hope I have whet your appetite to learn more of this.