



The Passion Paradox: Patterns of Love and Power in Intimate Relationships

Dean C. Delis, Cassandra Phillips

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Who Gets Caught in the Passion Trap?

It's the catch-22 of romantic relationships: The more deeply one partner falls in love, the more distant the other becomes. This is the passion trap, an emotional dynamic that results in increasing desire and desperation in the "one-down" lover, and dissatisfaction, often mingled with guilt and withdrawal, in the "one-up."

Now, Dr. Dean Delis, a renowned psychologist who believes the passion trap is both common and curable, shows you how to change the patterns that threaten your relationship. Drawing from his counseling work with individuals and couples, he offers fresh insights and powerful, proven techniques—from Trial Closeness to Healthy Distance—to help you and your partner rekindle romance and discover a new equilibrium of love and desire for a lifetime of happiness.

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