



Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships

By Don Ferguson

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Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships By Don Ferguson

Nagging, snide comments, passive-aggressive tendencies, running away, childish insults; sometimes even the most loving couples can revert to their primitive nature. Don Ferguson, a psychologist and relationship therapist, has discovered that no matter how evolved we think we are, our reptilian brain is still primed for instantaneous reactions and fight-or-flight. This syndrome can rule relationships and in the end destroy them. Through the latest neurological research, Ferguson has discovered how to manage our primitive reactions with thoughtful, 'new brain' interventions. Written in a highly entertaining and readable way, *Reptiles in Love* has an answer for helping couples to stop attacking each other and transform their dysfunctional, prehistoric relationship into a more evolved and loving partnership.

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Editorial Review

From Publishers Weekly

According to psychologist Ferguson, we're all reptiles in love: conflicts between people, especially in intimate relationships, are often triggered by our "reptilian" brains, the part that brings on a fight-or-flight stance rather than rational or mutually beneficial behaviors—when threatened, we lash out. Too many relationship guidebooks rush the couple to resume a feeling of intimacy, says Ferguson, when in fact, fear and anger must be reduced and trust re-established first. Addressing what he calls "stupid fighting" (over nonsense: "You're cheap," "It's your mother's fault"), Ferguson takes a close look at the dynamics of intimacy and how it is that people who have the greatest passion for each other also seem to dole out the most venom when threatened. This book offers understanding of the mechanics of human relationships and sensible guidelines for lessening tension and resolving conflict. Ferguson injects humor to illustrate key points and highlight the often absurd behaviors people display when threatened. While the old adage states that you always hurt the one you love, this book shows that this isn't necessary and together couples can find common ground to re-establish mutual love and respect. (Mar.)

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Review

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No matter how sophisticated people think they are, even the most loving couples revert to their primitive, or "reptilian," nature of fight-or-flight, according to Ferguson (staff psychologist, Dean Medical Ctr., Madison, WI). Taking both a biological and a psychological approach, he explains how partners can manage challenges to intimacy more effectively if they understand their basic physical reactions to each other. He develops this idea further by discussing how maladaptive responses to perceived threats (feeling the need to defend oneself) lead to unprovoked attacks. In a clear-cut, helpful, and humorous manner, Ferguson discusses how to end these cycles and create healthier relationships, going so far as to include helpful suggestions for making divorce as humane as possible. Highly recommended for all libraries. Copyright 2006 Reed Business Information. (*Library Journal*)

Review

"This book offers a refreshingly original look at the way couples operate and at what can go wrong. Dr. Ferguson has combined his clinical wisdom, his extensive experience helping couples, and his thorough understanding of current research to create a book that is both informed and user-friendly. Packed with

practical guidance and numerous case examples and written in a lively, humorous style, this book is a delight to read and is sure to help both couples in distress and those seeking to strengthen their relationships."

--Denise Beckfield, clinical psychologist and author, *Master Your Panic and Take Back Your Life*

"Another relationship book? Yes, and *Reptiles in Love* is different. It's not only fun and easy to read, but it comes at the issue from an entirely new angle, using the newest brain science to help you recognize and change those perplexing repetitive problems in your relationship. Read it before your relationship goes extinct."

--Bill O'Hanlon, marriage and family therapist and author, *Love Is a Verb* and *Rewriting Love Stories*

"Written in a warm, humorous, and very engaging way, this book offers wisdom, reassurance, and sensible advice, along with practical exercises and suggestions. Couples who want a more satisfying and lively relationship will benefit from reading and implementing Dr. Ferguson's recommendations."

--Mark A. Karpel, author, *Evaluating Couples: A Handbook for Practitioners*

"Don Ferguson has done an amazing piece of work in integrating an enormous body of professional knowledge on what makes marriages tick and how couples can help themselves when they're having trouble. And he's done all this in the most engaging, reader-friendly style I've come across in years."

--Alan S. Gurman, professor and director of family therapy training, Department of Psychiatry, University of Wisconsin Medical School

"This refreshing book offers new insights for couples that will help them 'fight for their marriage.'"

--Dr. Howard J. Markman, author, *Fighting for Your Marriage* and *12 Hours to a Great Marriage*

Users Review

From reader reviews:

Olga Noone:

This *Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships* book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this e-book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This specific *Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships* without we comprehend teach the one who studying it become critical in imagining and analyzing. Don't end up being worry *Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships* can bring any time you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even phone. This *Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships* having good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

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Relationships content conveys objective easily to understand by many people. The printed and e-book are not different in the content but it just different in the form of it. So , do you nonetheless thinking Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships is not loveable to be your top record reading book?

James Sanchez:

The book untitled Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships contain a lot of information on this. The writer explains the girl idea with easy method. The language is very clear to see all the people, so do definitely not worry, you can easy to read this. The book was authored by famous author. The author provides you in the new period of time of literary works. You can easily read this book because you can keep reading your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site and order it. Have a nice go through.

Barbara Wheat:

Some individuals said that they feel bored when they reading a publication. They are directly felt the item when they get a half areas of the book. You can choose the actual book Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships to make your own reading is interesting. Your own personal skill of reading skill is developing when you similar to reading. Try to choose straightforward book to make you enjoy to read it and mingle the feeling about book and reading through especially. It is to be 1st opinion for you to like to wide open a book and study it. Beside that the publication Reptiles in Love: Ending Destructive Fights and Evolving Toward More Loving Relationships can to be a newly purchased friend when you're sense alone and confuse with what must you're doing of the time.

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