



If We're Together, Why Do I Feel So Alone?: How to Build Intimacy with an Emotionally Unavailable Partner

Holly Parker

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Harvard University clinical psychologist Dr. Holly Parker offers a step-by-step guide for coping with emotionally unavailable partners.

Living with an emotionally absent partner can be overwhelming. Constantly overcoming the silent distance can leave you with the sense that the give-and-take in your relationship has disappeared. But even the most broken relationship can be reinvigorated.

In helping real-world couples achieve a fulfilling future, Harvard University clinical psychologist Dr. Holly Parker has developed a program filled with practical exercises and powerful advice for individuals on both sides of an emotionally damaged relationship. In *If We're Together, Why Do I Feel So Alone?*, Dr. Parker presents her revelatory insights on topics such as:

- How to identify unavailable personality types, such as the Critic, the Sponge, the Iceberg, the Emotional Silencer, and the Defender
- How to create healthy emotional connections and boost physical intimacy
- How to eliminate habits that trigger self-sabotaging behavior

With patience, empathy, and willpower, Dr. Parker's program can help you restore balance and peace of mind, and turn your damaged partnership back into a rewarding and joyful bond.

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