



# Learning to Love Again

*Mel Krantzler*

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## Learning to Love Again Mel Krantzler

From Mel Krantzler, a licensed marriage and family counselor, the nationally acclaimed, bestselling author of *Creative Divorce*, and director of the Creative Divorce/Learning to Love Again Counseling Centers, comes another insightful, helpful, and energizing book that brings hope to those emotionally devastated by the loss of a love. What happens next? Just when you thought it would never happen again, love comes back into your life. You can survive the explosive realities that losing love brings, but how do you know when, and if, you are ready for love again? Are you having trouble finding the “right” man or woman? Are you afraid of making another “mistake”? Do you keep getting involved in short-term relationships? Are you beginning to think that finding love is a matter of luck?

Mel Krantzler has led ongoing seminars on the subject of finding love, and *Learning to Love Again* provides clear guidelines and challenging steps that lead from loneliness to love:

The Remembered-Pain Stage—absorbing a blow from the past  
The Questing-Experimental Stage—surveying the possibilities  
The Selective-Distancing Stage—a cautious step forward  
The Creative-Commitment Stage—where enduring love begins

Mel Krantzler draws on the real stories of real people who are learning to love again, to live together, to marry, to be step-parents, and to build satisfying new lives. He shares his experiences in applying the principles of creative commitment to his own remarriage. *Learning to Love Again* is the best guide for married, single, or divorced men and women. Here is how you can create a new beginning by learning to love again today!

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