



## Love and Limerence: Harness the Limbicbrain

*Dr Lynn Willmott*

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Limerence is an irrational, obsessive and incapacitating, adoration and attachment to one person. It is a nightmare version of being in love x 100. It is painful, confusing and until now there has been little knowledge or help available. This book explains the experience and its possible origins and methods of escape. In the shift towards self-love, forgiveness and compassionate acceptance, limerence can become a gift - giving insight, empowerment and enlightenment. USA Edition – 2014

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