



# The Power of Empathy: A Practical Guide to Creating Intimacy, Self-understanding, and Lasting Love in Your Life

*Arthur Ciaramicoli, Katherine Ketcham*

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Empathy, an innate human capacity that gives us the ability to understand the unique experiences of another person, is the most overlooked component of relationships. By allowing us to connect with one another on a meaningful and fulfilling level, it "can help and heal us all. This excellent book shows you how" (Edward Hallowell, M.D., author of *Connect*). Using a practical and inspiring plan for making empathy a vital part of your everyday life, discover:

- Why empathy is crucial to finding love
- How to be an empathic listener
- How empathy can improve sex and create lasting intimacy
- How empathy differs from sympathy
- 10 steps to avoiding the pitfalls of negative empathy
- How empathy can help rebuild a relationship and restore confidence, trust, and faith

Prescriptive and provocative, *The Power of Empathy* shows us how we can transform our lives-and the lives of those we love.

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