



## Jungle of Love: Stress Management Strategies for Love Relationships (Paperback)

By John J Parrino PH D

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Author Dr. John J. Parrino applies what scientists know about mind-body interactions to help partners achieve health and happiness in their marriage. Love's silent killer is the body's instinct to trigger stress and defensiveness during marital conflict. According to Parrino, in the jungle of love, Tigers and Giraffes have opposing traits, but they are irresistibly attracted to each other. The honeymoon is over by the time these animals appear on the marital scene. The Tiger claws at the Giraffe for love, sending the tall jungle creature scrambling for cover. The Elephant, the wise giant, represents the natural healer in all of us. He is a catalyst for the Tiger to use the Love Reflex, the body's natural antidote to the fight-flight response. In this inspiring story, you will travel on a personal safari through the Jungle of Love. Discover the Tiger, Giraffe, and Elephant in your marriage and take charge of achieving greater love and intimacy with your partner.



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