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## FOR IMMEDIATE RELEASE

New Guidebook Shows How to Fix Your Disappointing Love Life

New York City, December, 2019

Dr. Thomas Jordan, New York City clinical psychologist and founder of the LoveLifeLearningCenter.com self-published a new book entitled, *Learn to Love: Guide to Healing Your Disappointing Love Life*. Learn to Love is the result of more than 30 years of love life research, psychotherapeutic practice, and the author's own success transforming his disappointing love life.

*Learn to Love: Guide to Healing Your Disappointing Love Life* introduces readers to their "Psychological Love Life," the part of our minds that controls our love life experiences. The book explains what happens when what we've learned about love relationships in our lives is unhealthy and is unconsciously replicating unhealthy experiences in our adult love lives. Dr. Jordan proposes an "Unlearning Method" to identify what we've learned, challenge what is unhealthy, and move our love lives in a better direction. The book is available on Amazon and other booksellers, nationally and internationally.

Dr. Thomas Jordan is a clinical psychologist, psychoanalyst, speaker, professor, and faculty member of the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis

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