

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

By Arthur Ciaramicoli, Katherine Ketcham

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You will learn:* How empathy improves communication skills* How to use empathy to attract and maintain love* How empathy can help you understand others' intentions good or bad* How to use empathy to strengthen intimate relationships* How empathy can dramatically improve your relationships with everyone you meet.

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Editorial Review

From Publishers Weekly
In an engaging work that is part guidebook and part heartfelt meditation, Ciaramicoli, a practicing psychologist who rejects the pervasive medical practice of labeling and medicating human anguish, contends that it is empathy--not fear, not sympathy, not drugs--that holds the key to mental health. Arguing that the "capacity to understand and respond to the unique experiences of another" is not only ubiquitous in relationships but is actually "an innate force, part of our biological inheritance" that is necessary for survival, he ponders empathy's many faces (including its "dark side") in the first half of the book. In the second half, he describes, and coaches readers on practicing the eight expressions of empathy: honesty, humility, acceptance, tolerance, gratitude, faith, hope and forgiveness. Inspired, in part, by his brother's suicide 26 years ago (which he believes was caused partly by a failure of empathy), Ciaramicoli vigorously examines empathy's place in an astonishing array of everyday situations--in sexual intimacy and friendly banter, in the natural world and the arena of sales and advertising--as a force of evil and a force of good. In the end, Ciaramicoli's meticulous exploration of the "invisible connections" of true empathy illuminates how the reader can use this long-misunderstood social skill to live a more safe and fulfilled life. Agent, Jane Dystel. 10-city author tour. (Apr.)
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Review
"The Power of Empathy can help you understand the nature of human behavior and assist you in developing a second nature if you desire to." -- *Bernie Siegel, M.D., author of Love, Medicine, and Miracles and Prescriptions for Loving*

"The Power of Empathy explores the remarkable power of one human being to know and help another human being simply through understanding. One of the most useful, yet misunderstood faculties, empathy can help and heal us all. This excellent book shows you how." -- *Edward Hallowell, M.D., author of Connect and Driven to Distraction*

"The Power of Empathy is a clear, fluent, and helpful guide to some of the most confounding questions of life. Building from both personal experience and professional expertise, the authors offer us a promising path through the thickets of relationships, and the mysteries of our own souls." -- *Rabbi David Wolpe, Rabbi of Sinai Temple in Los Angeles and author of Making Loss Matter*

"The Power of Empathy truly makes me see that empathy is one of the blessings of being human. The theme is threaded beautifully throughout, like shot silk. A flawless blend of the intuitive and the scientific, of paradise lost and rediscovered right here in the middle of our muddled world." -- *Perle Besserman, author of Owning It: Zen and the Art of Facing Life*

"This is a terrific book. Empathy is an underrated factor in our lives, and Dr. Ciaramicoli reveals its power and complexity with penetrating insight. The Power of Empathy is lucid, wise, and compassionate. Highly recommended!" -- *Larry Dossey, M.D., author of Reinventing Medicine and Healing Words*

"This is a wonderful book. Once I began reading it I couldn't put it down until I finished. Dr. Ciaramicoli is a very wise man who comes across as a real human being. I can't imagine a simpler, more beautiful, or more powerful guide to relationships and to navigating the complex world of human interaction. Every reader

should find this book deeply meaningful." -- *Mira Kirshenbaum, author of The Gift of a Year and Too Good to Leave, Too Bad to Stay*

"an engaging work...part guidebook and part heartfelt meditation...illuminates how...to live a more safe and fulfilled life." -- *Publisher's Weekly, March 6, 2000*

About the Author

Arthur Ciaramicoli, Ed.D., Ph.D., is the Chief Psychologist and Director of Alternative Medicine Services, MetroWest Wellness Center, an AMA affiliate medical center in Framingham, MA; and Instructor of Psychology in the Department of Psychiatry at Harvard Medical School. He is the author of **Treatment of Abuse and Addiction: A Holistic Approach**.
Katherine Ketcham has coauthored twelve books, seven on the subject of drugs, addiction, and recovery. Her books have sold more than 1.3 million copies.

Users Review

From reader reviews:

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