



# Heartbreak: New Approaches to Healing - Recovering from lost love and mourning

*Ginette Paris*

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*Look at your broken heart with the curiosity of a naturalist, as you would pay close attention to your pet, to understand what is going on.*

The pain of mourning and heartbreak is neurologically similar to being submitted to torture. There seems to be only one way to end that agony and to limit somatic damage; neurobiology calls it an evolutionary jump and psychologists call it an increase in consciousness.

Past theories of grief therapy considered recovery from the point of view of stages: a one-year cycle of mourning was supposed to heal the heart. Not so! A true Liberation of the Heart is a process of neurogenesis as well as a process of individuation, which means that the whole brain must re-configure its connections and its thinking about love and relationships. The good news is this: if you love, your heart should be broken at some point or other in your life.

If not, your love may remain the innocent love of a child. This book explains what you need to understand in order to avoid victimization from the traumatic aspects of heartbreak and mourning. A wider definition of love and a deeper understanding of its psychology will free you of the obsession for the missing partner and will teach your heart to love in a wiser manner.

Dr. Paris is the author, among other books, of *Wisdom of the Psyche: Depth Psychology after Neuroscience* (Routledge 2007). She is core faculty at the Pacifica Graduate Institute in Santa Barbara ([www.Pacifica.edu](http://www.Pacifica.edu)).

James Hillman, the Pulitzer nominee and acclaimed author of psychology, wrote this about Ginette Paris's style: "She turns the page into a new century of psychology. What an achievement!"

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