



Advance Praise

No Perfect Love: Shattering the Illusion of Flawless Relationships

by Dr. Alyson Nerenberg

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“*No Perfect Love* is an incredibly worthwhile book for therapists and the general public written by one of the leaders in our field who has been involved for over three decades. Dr. Alyson Nerenberg shares ‘insider information’ in terms of what it is like to be a therapist and to be a client. It is a very enjoyable read that makes the therapy experience so that all of us can be helped by realizing that it is a myth that the process always works in some magical way. Dr. Nerenberg is a beacon in the psychology field and her book will help guide anyone struggling with a challenging relationship.” — Ralph Earle, MDiv, Ph.D., ABPP, LMFT, CSAT, Past President of the American Association for Marriage and Family Therapy, author of *Lonely All the Time* and *Conversations: Therapy and Spiritual Growth*.

“If you are hoping to find the perfect love—as so many people do—or are disappointed to realize that your marriage or relationship is not perfect, then *No Perfect Love* is the perfect book for you! Written in a very engaging style and filled with the stories of many people and with multiple exercises and suggestions for dealing with your own or partner’s unrealistic expectations, perfectionism, or narcissism, you will find this book extremely helpful. Psychologist Dr. Nerenberg is a very experienced couples therapist and I highly recommend her book.” — Jennifer Schneider, M.D., Ph.D. author of *Back From Betrayal: Recovering from the Trauma of Infidelity and Disclosing Secrets*.

“With *No Perfect Love*, Dr. Alyson Nerenberg has shattered the myth of ‘happily ever after,’ moving couples from Disney princess pipe dreams into the real world, where even the best of relationships is far from perfect. Her no nonsense take on relationships and how to thrive in them despite their many flaws is rock solid. My professional experience of Dr. Nerenberg is one of integrity, wit, and insight. This book carries those gifts into useful words of wisdom.” — Robert Weiss, Ph.D, author of *Out of the Doghouse* and *Prodependence: The End of Codependency*

“Dr. Nerenberg dispels for once and for all the myth that if a relationship is right, our partner and others will automatically know what we want and need without ever asking. This is a relationship-promoting, life-enhancing, divorce-busting how-to book for creating and sustaining healthy long-term relationships. I highly recommend it.” — Dr. Helen Friedman, Clinical Psychologist, award-winning radio show host of “Psych Talk,” Associate clinical professor at The Saint Louis University School of Medicine and past president of the St. Louis Psychological Association

“Healthy relationships, formed by trust, respect, communication, and understanding, are the basis of society and a source of both joy and love. Dr. Nerenberg, through her personal wisdom and clinical experience, helps couples navigate the challenges of these fundamental requirements. She addresses the inevitable personal disappointments and emotional pain that characterize most, if not all, long-term relationships..... And she does so with an openness and perspective that leaves the reader with a strong sense of direction and hope.” — Dr. Brian F. Shaw is one of the originators of applied cognitive-behavior therapy (CBT) for clinical practice, particularly for mental health and addiction problems. He is the principal of Brian Shaw Psychology Professional Corporation, a practice focused on sports and entertainment. He is also the CEO of Continicare Corporation, a health services platform to integrate digitally delivered CBT with the automated management of patient medication treatment and remote physiological measurements.

“Dr. Nerenberg’s 30 years of clinical wisdom shines on every page of *No Perfect Love*. A timely and fresh look at the connection between narcissism and the striving for perfection. *No Perfect Love* takes the reader on a compassionate, at times personal and practical journey to heal from the narcissistic drum beat that demands perfection in order to be loved. Covering a wide range of topics including romance, parenting, athletics, and the culture at large. *No Perfect Love* is a welcome road map of relief and insight that points to the need for it to be on everyone’s bookshelf.” — Kenneth M. Adams, Ph.D., author of *Silently Seduced* and *When He’s Married to Mom*

“In sync with the current cultural pressure of perfectionism, *No Perfect Love* dismantles the ‘Happily Ever After’ myth and transforms it into reality delivering the reader into gratitude for the life they have. Dr. Nerenberg expertly reminds us about what it’s *really* like to be in a relationship. Whether with a spouse, children, or parents, the reader is guided to examine their patterns and their inner workings of what it takes to love, lose and fight for our truth. *No Perfect Love* is a book worth reading and a journey worth taking!” — Alexandra Katehakis, Ph.D. author, *Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence*

“Dr. Alyson Nerenberg wrote a truly outstanding book where she tackles the toxic, omnipresent cultural pull of perfection in relationships head-on, supporting the reader in facing imperfections directly and effectively. The exercises at the end of each chapter guide the reader in delving into the obstacles that a perfection-based orientation promotes and in courageously working around them. Her clinical examples bring her expertly explained concepts to life and her personal anecdotes make her entirely relatable as someone who doesn’t just work with others who struggle with imperfections but someone who shares her own as well. This is a tremendous new resource that we will absolutely be using with our clients!” — Drs. Bill and Ginger Bercau, Clinical Psychologists, Certified Sex Addiction Therapists, Certified Sex Therapists and Authors of *The Couples Guide to Intimacy*

“Dr. Nerenberg uses her skilled knowledge as one of the most sought-after Individual and Couples Psychologists in Philadelphia to provide the reader with profound insight that is both down-to-earth and applicable. The reality is that few people at some time in their life are not impacted by the insidious roadblock of perfectionism. The information she provides is clear, relevant and caring in its discussions and explanations that readers can easily apply to their own life experiences. Nerenberg’s examples throughout the book, based on her clients’ progress provide insight, practical information and for many, hope for their own movement forward. For those readers who find applying the wisdom in the book to their own life, Dr. Nerenberg provides useful exercises and journal prompts and questions for additional thought. This is the kind of book that will remain applicable to a reader for years to come.” — Jeanne Stanley, Ph.D. Watershed Counseling & Consultation Services and Author of *Teaching LGBTQ Psychology*