



Emotional Unavailability : Recognizing It, Understanding It, and Avoiding Its Trap

Bryn Collins

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"Bryn Collins explores the common problem of emotional unavailability from an original, practical, and non-judgemental perspective. This book offers usable solutions to this human dilemma."

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"*Emotional Unavailability* is an innovative look at how a person's emotional style impacts his or her relationship patterns. The book goes beyond definitions of the various styles to provide techniques and tools for change."

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Gerrie E. Summers

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In this groundbreaking book, psychologist Bryn Collins opens up the discussion about life with an emotionally unavailable person. Using case studies, quizzes, and jargon-free, easy-to-understand concepts, she profiles the most common types of emotionally unavailable partners, then offers the skills you need to change these painful associations. Based on her extensive clinical experience, she offers ways to recognize "toxic types" before you get too deeply involved, and she gives the emotionally unavailable partner techniques that teach how to connect with another person.

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