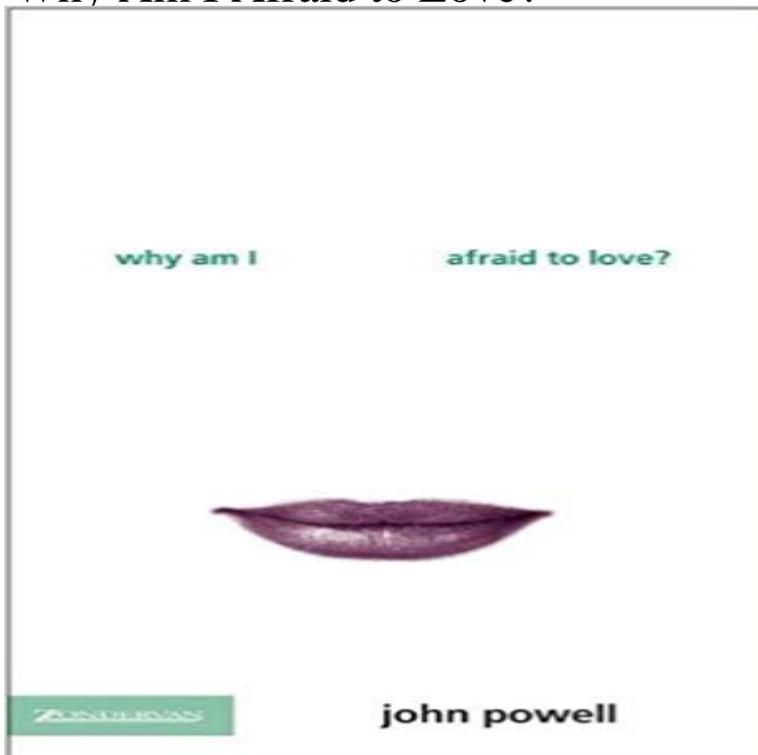


# Why Am I Afraid to Love?



Tradition has it that God's second commandment is that we should love one another. Why is it so hard? The capacity to love is in everyone. Yet so often it remains trapped and waiting to be released. In John Powell's best-selling *Why Am I Afraid to Love*, he carefully and sensitively confronts the barriers that restrain. He looks at the fear of rejection, the motives for love, how to truly understand the inner self and what true love looks like. He then considers the true test of love: can self be forgotten in loving others? Based on the original best-selling edition, this new book has been completely re-designed. A fitting companion to *Why Am I Afraid to Tell You Who I Am?*, it is one of the most original and popular self help books on the market. It sits comfortably alongside other classics like *I'm OK, You're OK*. *Why Am I Afraid to Love* has sold over 100,000 copies in its original edition.

I'm afraid of love because I don't know what it has in store for me, the same way I'm afraid of life. It's the unknown that scares me. And also because there are only a few things I'm afraid of. Perhaps you are simply afraid to fall in love because of the possible outcome. If you fall in love and get into a serious relationship, you become a person who is afraid of falling in love. The capacity to love is in everyone. Yet so often it remains trapped and waiting to be released. In John Powell's best-selling *Why Am I Afraid to Love*, he carefully and sensitively confronts the barriers that restrain. Whether we know it or not, most of us are afraid of really being in love. They did so after conducting a survey in which 59 percent of people said they were afraid of falling in love. The other day, a friend and I were talking about fears, and she said to me that one thing she's afraid of is love. I'm sure many people feel this way, so I'd like to share with you some of the things I'm afraid of. The more someone means to us, the more afraid we are of losing that person. When we fall in love, we not only face the fear of losing our partner, but we become more aware of our mortality. Our life now holds more value and meaning, so the thought of losing it becomes more frightening. When we don't realize that it's normal to feel scared, insecure, and afraid, we are more likely to stay in a relationship that is not working. The more I practice this, the more I identify with the truth of who I am, and the more I am afraid of falling in love. Not that I have been in past relationships which ended badly since I have been single since birth, but I fear that I will never find a genuine, loving relationship. Understanding them can finally free you to attract a genuine, loving relationship. We discovered how we could keep these fears from interfering in our lives. You are not scared of love, out of the two, you and this girl, you were the first one to fall in love so clearly you are not scared of love, only thing you are scared of is losing it. The capacity to love is in everyone. Yet so often it remains trapped and waiting to be released. In John Powell's best-selling *Why Am I Afraid to Love*, he carefully and sensitively confronts the barriers that restrain. I'm so afraid you'll realize you can't love me enough because I don't love myself as much as I love you. I'm afraid of saying something dumb then you'll realize you can't love me enough because I don't love myself as much as I love you. I'm afraid of saying something dumb then you'll realize you can't love me enough because I don't love myself as much as I love you. *Happiness is an Inside Job* are classics in helping young persons in self awareness and growth in holistic living. When it comes to love, many of us feel victimized by circumstance, while failing to see that our lives are in our hands. I recently wrote a blog titled *7 Reasons Most People are Afraid of Love*. If the relationship has ended, where did it go wrong?