

The Love Doctor, Dr. Fred Baker, helps individuals, families and couples work through problems and create loving and close relationships.

# 'Love Doctor' has the cure for broken hearts

By JILL BODACH  
Hour Staff Writer

**NORWALK** — Every patient who visits Dr. Fred Bader receives a prescription for the same thing, regardless of the ailment.

This prescription is designed to heal them physically and emotionally, alter the way they view themselves and others and the way others respond to them.

Sound like a miracle drug? It gets better.

This drug cannot be purchased at a pharmacy and is not available over the counter; yet the refills are plentiful, you can carry it with you anywhere and it doesn't cost a thing.

Intrigued?

What Bader prescribes to his patients is a simple, four-letter word that gains particular attention around this time of year.

The "drug" is love, and to Bader it is all everyone needs to improve the way in which they live their lives.

"Love is truly all there is," Bader said. "Love is the most important thing in life. It is the prime objective for why we are all here."

To Bader, all of the "diseases" people suffer from are created, in part, by the belief many people have that they are not good enough just as they are and therefore do not love themselves fully and do not believe that others can love them.

Bader describes love as giving the best of oneself to another.

"Love, when it is understood and applied, heals all else," Bader said. "Love has to be understood in our minds first and then acted upon. Most

people wait to be loved before they give love, but that's not the way to do it. If you wait to get it before you give it then we'd all be waiting. Some people whom we express our love to may not have the capacity to give love back right away in the way we want it, but love always comes back when we give it away. Love is, after all, designed to be given."

Bader, appropriately enough, is best known to his clients as "The Love Doctor," although he also calls himself a love mechanic. Bader's office is in Fairfield, but he serves clients throughout Fairfield County, including Norwalk. When clients come to Bader for help, the first thing he does is examine any "missteps" they might have taken in regards to loving themselves and/or loving others and helps them fix those missteps.

Just don't compare him to Dr. Phil.

While Bader and Dr. Phil share some of the same philosophies about looking inward to find answers to life's problems, Bader does not possess the gruff exterior and abrasive tactics of television's favorite self-help guru.

Bader is a product of the 1960s when slogans like "free love" and "make love, not war" were rampant, however he applies the concepts slightly differently.

"We should give love to everyone we meet," Bader said. "Free love means giving love to another and not connecting and conditions or expectations to that love."

Bader calls himself a teacher whose lessons are all about the giving and receiving of love. "The concepts I teach are simple yet for some people they are difficult ones to learn," Bader said. "I teach people how to express love to

themselves and to others and try to teach them the simplicity of love and how it works."

Holidays like Valentine's Day complicate the issue of love beyond what it is meant to be, Bader said, and take people further away from the true meaning of love.

"In my opinion, every day should be Valentine's Day," Bader said. "Your objective every day should be to try and love everyone you meet in some way whether it be through a smile, a hug, or a simple act like holding the door open for someone. If everyone did this the world would be a softer place."

This is not just something Bader teaches, it is something he lives. Bader describes himself as a regular guy who is struggling with the same life problems other people are.

"I'm just your average guy," Bader said. "I tell my clients all the time that if I can learn to love myself after all the things I've been through than anyone can do it."

Since Bader was a child he has seen the way people misapply the understanding of love in relationships with others and decided to dedicate his life to giving love to others whenever he can and teaching others to do the same.

If everyone learns this, Bader may find himself out of a job — but he says he doesn't care.

"If I can teach someone how to love themselves and then how to express love to others than I've shared with them a great gift," Bader said.

For more information on Dr. Bader call 203-254-3159 or visit [www.morelove.com](http://www.morelove.com).