

The Couple S Survival Workbook

Each of us relates to our spouse based on how we experienced love as a child. In this expanded and enhanced companion workbook to How We Love, relationship experts Milan and Kay Yerkovich offer assessments and conversation starters to help you and your spouse identify your relational patterns and realize how they are affecting you now. Their solution-focused tools help you: understand why your spouse relates to you the way he or she does, see the connection through your personal love style and your childhood, and how to follow specific, clear goals to create a thriving marriage. This practical guide will take your marriage to the new level of intimacy you've always wanted.--

Hawai ' i is known for its verdant mountains and colorful ocean ecosystems, but few realize the depth and range of the islands ' mushroom diversity. In fact, Hawai ' i is home to over 230 species of mushrooms that are prized by foragers from around the world. In Mushrooms of Hawai ' i, Don Hemmes and Dennis Desjardin present a beautiful and comprehensive guide to the treasure trove of mycological life in the Aloha State. Inside you ' ll find information on Mushroom identification; Culinary and medicinal uses of Hawaiian mushrooms; Where to find the best mushroom-hunting spots; The seasonality of Hawaiian mushrooms; And everything else you might need to make your foraging adventure a success. Mushrooms of Hawai ' i also includes beautiful illustrations to help you identify familiar treasures like morels, well-known dangers like Amanita muscaria, and exciting species unique to the islands. Whether you ' re hunting Copelandia cyanescens (" magic " mushrooms) in the pasture grasses high in the mountains of Maui, or foraging for Laetiporus (chicken of the woods), an edible mushroom sought after by foodies for its uniquely delicious taste, this book is the must-have guide for fungophiles.

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

The Tool Kit No Relationship Should Be Without Long-term happiness in love depends on a couple ' s ability to repair the inevitable rifts and differences, large and small, that occur in any relationship. Neuroscience suggests that relationship upsets are best mended quickly, or they accumulate in long-term memory, increase reactive communication, and become harder to repair successfully. And good repair takes five minutes or less! This book offers practical tools and suggested scripts for resolving problems and having your needs met. Following its guidance, you can turn difficulties into opportunities to foster love, trust, and thriving intimacy.

101 Questions to Ask Before You Get Remarried

A Communication Playbook for Couples

30 Guided Conversations to Re-Connect Relationships

Causes, Prevention, and Survival

Five-Minute Relationship Repair

Us

Self-Help That Works

The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

Respected Christian counselor H. Norman Wright draws from his extensive experience to help couples establish strong, loving marriages. Whether divorced or widowed, people who marry again face unique challenges. Through 101 questions, Norm helps readers know their own views and understand where they agree and disagree with their future mates on finances, roles, sexuality, children, responsibilities, and previous relationship issues. Couples will work together to: make sure they're ready for a new marriage discover the essentials for successful remarriages clearly communicate personal and family needs establish realistic expectations for their new marriage handle common problems in remarriage: previous partners, in-laws (past and present), merged families, money, sexual issues Offering plenty of room for written responses, this essential premarriage guide helps couples work through problem areas before they become issues. They will also discover areas of strength and agreement that will help them establish a solid foundation for success. Ideal for couples, study groups, ministers, and counselors.

Finding fulfillment in both love and work isn't easy—but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In Couples That Work, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives—together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms—and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries—from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, Couples That Work will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Key Ingredients of Change

The Seven Principles for Making Marriage Work

The Autism Couple's Workbook, Second Edition

Your Relationship as Your Greatest Adventure

Stepping Into Emotionally Focused Couple Therapy

The ADHD Marriage Workbook: A User-Friendly Guide to Improving Your Relationship

Becoming an Emotionally Focused Couple Therapist

This step-by-step guide is for couples who want to enhance their communication skills and maximize their relationships potential for mutual support and growth. Troubled spouses will discover how to hear without becoming defensive, clean up after verbal itoxic spills, and convert moments of anger into opportunities for growth.

This volume makes Emotionally Focused Couple Therapy (EFT) widely accessible to therapists of different orientations and to therapists in training. It provides clinicians with practical tools, an experiential tour through case examples, and simple guidance to step into EFT. An overview of the change events includes both client processes and therapist interventions moment-to-moment. 'In Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change, each step and stage of EFT is laid out in a practical and theoretically simple manner that extends beyond what therapists need to do, to helping therapists grasp what experiential therapy is, providing moment-by-moment examples of how to engage clients emotionally, and how to foster emotional engagement between partners.'. From the Foreword by S. Johnson and A. Lee

"The ADHD Marriage Workbook: A User-Friendly Guide for Improving Your Romantic Relationship" If you are one of the millions of people with adult attention deficit disorder, you ve probably noticed its adverse effects on your romantic relationships. For example, your spontaneity, which was so attractive at the start of your relationship, may later seem like a lack of dependability, straining the patience of your partner. Or maybe your partner is frustrated by your inability to communicate clearly. Or perhaps you suspect that your irritability and lack of interest in your partner s needs are the result of the difficulty you have staying focused. Psychotherapist Michael Bell understands. A professional counselor specializing in adult ADD, Bell has the disorder himself and has designed the skills-building steps in "The ADHD Marriage Workbook" especially for short attention spans. This concise and engaging workbook contains an array of solution- focused techniques that will help you stop avoiding the problems that sabotage your relationships, face the intimacy issues that frustrate your partner, and begin to do the work you need to do to build a happy, lasting love. Michael T. Bell, Ph.D., has been in private mental health practice since 1999, working primarily with adults and children with ADHD spectrum disorders. In "The ADHD Marriage Workbook," he draws on his clinical experience as well as his personal history as an adult with ADD, helping him to develop the most useful and practical exercises. His goal in writing this workbook has been to help couples affected by ADHD spectrum disorders develop fulfilling relationships. Michael currently serves as the director of child, family, and prevention services at Rockbridge Community Services in Lexington, Virginia, and is adjunct professor of psychology at Northern Virginia Community College. He has been married to his wonderful wife, Anita since 1993. They live in Stafford, Virginia, with their two boys, Brady and Brice. "(The ADHD Marriage Workbook was originally published as You, Your Relationship and Your ADHD")

Learn how to help couples to navigate and resolve the spiritual themes present in marriage Statistically speaking, about half of all first marriages fail. The Spiritual Work of Marriage comprehensively discusses an issue that is central to addressing committed relationships and intimacy—the difficult, and yet very common, spiritual work that exists within marriage. This insightful guide goes deeper into ways to improve marital intimacy by explaining its spiritual dimension and describing a variety of spiritual themes that every couple deals with and must resolve. The book contains practical case study material, questions for group discussion, and a series of spiritual and theological theories tied to powerful marital dynamics. Author Dr. David Olsen, certified pastoral counselor and certified marriage and family therapist, explains approaches that every counselor can use when attempting to help couples navigate and work through marital intimacy and spiritual issues. The Spiritual Work of Marriage boldly and sensitively examines the themes of acceptance, working through idolatry, the longing for redemption from old family issues, and the necessity of repentance. Topics discussed in The Spiritual Work of Marriage include: marriage as spiritual crucible acceptance as a key element in spirituality and recovery idolatry as something that clocks acceptance redemption from old wounds repentance as a mental concept the complexity of forgiveness in marriage the possibility of salvation in marriage The Spiritual Work of Marriage is an essential resource for pastoral counselors, clergy, seminary professors teaching pastoral care, and marriage and family therapists interested in spirituality.

Couples Therapy Workbook

A Couple's Intimacy Workbook With 10 Steps for Conflict Resolution, 100 Questions, Exercises and Quizzes to Develop a Deeper Physical and Emotional Intimacy

We Do

The Sober Survival Guide

An Emotionally Focused Workbook for Couples

To Raise Happy Kids, Put Your Marriage First

More Love Less Conflict

Couples Therapy Workbook is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation). Week 1- Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy, Emotional Intimacy, Rituals Week 2 - Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think Week 3- How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync Week 4 - What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected Reviews: "What a unique resource! A treasure-trove of guided conversations to increase intimacy and friendship. Therapists often ask me for good homework assignments. This book does the thinking for you. Keep it on hand and whether its values, sex, conflict or other challenging issues, you'll have a ready-made way to help your clients make immediate progress." -- Eilyn Bader, Ph.D, Founder/Director The Couples Institute "This is a valuable resource for anyone working with couples. Any couple can profit greatly if they are willing to take Kathleen Youngman's challenge to explore these important topics and discuss these wonderful questions." -- Milan and Kay Yerkovich, Authors of best-selling How We Love series "Instead of offering analysis, advice or theory, The Couples Therapy Workbook offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship." --Harville Hendrix, Ph. D. and Helen LaKelley Hunt, Ph. D.: Authors of Making Marriage Simple and Getting the Love You Want.

"If you and your prospective partner adopt the principles and skills I describe here, your relationship will be successful—not just for starters, but for the long run." An indispensable guide for any couple ready to set the foundation for a loving and lasting union Committing fully to a loving partnership—a “we”—can be one of the most beautiful and fulfilling experiences you'll ever have. Yet as anyone in a long-term relationship will tell you, it can also be one of the most challenging. Almost half of all first marriages end in divorce, and chances go down from there. So how do you beat the odds? “All successful long-term relationships are secure relationships,” writes psychotherapist Stan Tatkin. “You and your partner take care of each other in a way that ensures you both feel safe, protected, accepted, and secure at all times.” In We Do, Tatkin provides a groundbreaking guide for couples. You'll figure out whether you and your partner are right for each other in the long term, and if so, give your relationship a strong foundation so you can enjoy a secure and lasting love. Highlights include: Create a shared vision for your relationship, the key to a strong foundation It's all about prevention—learn tools and techniques for preventing problems before they occur Understand how to work with the psychological and biological influences in your relationship—neuroscience, arousal regulation, attachment theory, and more Numerous case studies with helpful examples of healthy and unhealthy interactions, sample dialogues, and reflections Dozens of exercises—the newlywed game, reading facial expressions, and many more fun and serious practices to develop intimacy and security Handling conflict—how to broker win-win outcomes Build a loving relationship that helps you thrive and grow as both individuals and a couple Common interests, physical attraction, shared values, and good communication skills are the factors most commonly thought to indicate a good partnership. Yet surprisingly, current research reveals that these are only a small part of what makes for a healthy marriage—much more important are psychological and biological influences. With We Do, you'll learn to navigate these elements and more, giving your relationship the best possible chance to succeed.

Subtitle varies in previous editions and versions.

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential. The Seven Principles for Making Marriage Work is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

The Two of Us

Become Relationship Smart Without a Lifetime of Therapy

Renewing Your Relationship

The Polyamory Breakup Book

Quickly Heal Upsets, Deepen Intimacy, and Use Differences to Strengthen Love

How We Love Workbook, Expanded Edition

Couples Communication Workbook

Learn how to find who you really are inside and pursue your dream, as a Christian minister and blues musician has.

The book addresses the problems that couples experience through the life cycle. Each chapter includes an up-to-date review of the literature pertinent to the topic, with a focus on practical interventions which are generally based upon, but not limited to, cognitive and rational emotive behavioral principles. Case studies or vignettes further illustrate application of principles. Worksheets, checklists, or other resources that would be useful in working with couples are also included where relevant. This book presents interventions based upon research, theory, and most of all on practice. And is relevant to marriage and family therapists, mental health counselors, psychologists and psychiatrists, nurse practitioners, family law experts, social workers and relationship coaches. In addition, it can serve as a textbook for students in marriage and family therapy.

Before you succeed at parenting, you need to succeed as a couple! Baby Bomb is the resource you need when a new baby turns your life—and your romantic relationship—upside down. A baby is a blessing—and also a completely life-altering event. If you're like many new parents, nothing could have fully prepared you for the exhaustion of late-night feedings, the explosive diapers, the evaporation of your free time, the pure joy, and the moments of pure terror. In the midst of these hazy, early months, it's normal to feel overwhelmed. And when you're overwhelmed, it's easy to put your romantic relationship on the back burner. But, more and more, research shows that in order to be the best parents you can be, you and your partner need to make sure that your needs—as a couple—are also met. Written by a psychologist and relationship expert, Baby Bomb offers powerful tools based in psychology and neurobiology to help you and your partner co-parent and co-partner as a solid and supportive team—while also cultivating mad love for each other! You'll find more than just "tips" for better parenting and partnering; you'll discover how a secure-functioning relationship is essential for raising happy, healthy kids. This isn't a book with advice about how to have a romantic candlelit dinner while your baby is screaming in the other room. It's a road map for getting on the same page about your expectations as parents, about your needs as humans, and about how to maintain a strong and lasting relationship in the face of, well, a baby bomb.

All parents want their children to be happy. But many couples today go too far, letting everything revolve around their kids. This hurts the children and the marriage. The good news is you don't have to choose between your spouse and your kids. Drawing from the latest research in neuroscience and his study of families around the world, David Code explains why putting your marriage first actually produces happier kids.

Built Marriage Tough - Workbook for Couples

Cognitive and Rational-Emotive Behavior Therapy with Couples

Radical Marriage

Don't Take Your Dreams to the Grave

The Couple's Survival Workbook

Find Freedom from Alcohol Forever - Quit Drinking & Start Living!

The Couple'S Match Book

With more than 55 years of experience between them, master couple s therapists David Olsen and Douglas Stephens know where most relationships go awry. Based on their knowledge of those danger zones, they have created targeted, practical exercises that help you successfully navigate those areas. The goal is to turn problems or potential problems into opportunities for greater communication and intimacy. Olsen and Stephens also know that often only one half of a couple is ready to make real changes. "The Couple s Survival Workbook" is designed to work even if your partner isn't committed to the process. By skillfully changing yourself, you re likely to find your whole relationship improving. Whether you re a therapist seeking practical, effective exercises for the couples you work with clients or you are part of a struggling couple looking to make your relationship work, "The Couple s Survival Workbook" can help.

Self-help is big business, but alas, not always a scientific one. Self-help books, websites, and movies abound and are important sources of psychological advice for millions of Americans. But how can you sift through them to find the ones that work? Self-Help That Works is an indispensable guide that enables readers to identify effective self-help materials and distinguish them from those that are potentially misleading or even harmful. Six scientist-practitioners bring careful research, expertise, and a dozen national studies to the task of choosing and recommending self-help resources. Designed for both laypersons and mental-health professionals, this book critically reviews multiple types of self-help resources, from books and autobiographies to films, online programs, support groups, and websites, for 41 different behavioral disorders and life challenges. The revised edition of this award-winning book now features online self-help resources, expanded content, and new chapters focusing on autism, bullying, chronic pain, GLB issues, happiness, and nonchemical addictions. Each chapter updates the self-help resources launched since the previous edition and expands the material. The final chapters provide key strategies for consumers evaluating self-help as well as for professionals integrating self-help into treatment. All told, this updated edition of Self-Help that Works evaluates more than 2,000 self-help resources and brings together the collective wisdom of nearly 5,000 mental health professionals. Whether seeking self-help for yourself, loved ones, or patients, this is the go-to, research-based guide with the best advice on what works.

At Marriage Means Moore, Marriage Coaches Antonio & Laura Moore takes their Built Marriage Tough approach to help couples face their realities. They ask the hard questions and push couples to work together honestly about their issues in this workbook.

The process of finding and making the best possible match is not an easy one. On the contrary, on an emotional perspective finding, making, maintaining, and enriching an intimate partnership is one of the most challenging tasks an adult faces. There must be an attraction or a spark for a true match to be made. When a couple comes for counseling, they come with the hope that their relationship can be renewedthat they can capture the heat and the emotion that they once had together. The Couples Match Book: Lighting, Rekindling, or Extinguishing the Flame explores relationship theory and research. Including self-assessment activities to help determine what actions to take to improve relationships, this guide offers information that focuses on understanding and respecting personality differences, role perceptions, communication, and problem-solving. The balance of the book shares personal stories written by couples detailing their own experiences in an effort to help others in improving their intimate relationships. The Couples Match Book: Lighting, Rekindling, or Extinguishing the Flame can be used as a supplemental text in marriage and family courses, as well as a primary resource in couples counseling and marriage and family therapy.

Resources to Improve Emotional Health and Strengthen Relationships

Discover Your Love Style, Enhance Your Marriage

The Power of Two Workbook

What You Can Do to Reconnect with Your Partner and Make Your Marriage Work

Practical Advice and Activities for Couples and Counselors

Simple Exercises to Improve Communication and Strengthen Your Bond

How We Love

Never has the need for a compendium of self-help workbooks been so great! From the founder of the world's first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002. Placed together in one volume for the first time, A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form, content, and usability by the client. From abuse to women's issues, this annotated bibliography is alphabetized by author, but can also be researched by subject. While self-help workbooks are currently not as popular or as mainstream as self-help books and video, that could soon change. Self-help workbooks are versatile, cost-effective, and can be mass-produced. The workbook user is active rather than passive, and the mental healthcare worker can analyze a more personal response from the user, whether in the office or via the Internet. A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers brings these workbooks together into one sourcebook to suit anyone's needs. Each self-help workbook is reviewed according to specific criteria: contents structure specificity goal level of abstraction a subjective evaluation usually concludes the review of the workbook A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers also includes: an in-depth introduction discussing the need for workbooks in mental health practices indices for subject as well as author an address list of the publishing houses for the workbooks annotated in the bibliography an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self-help workbooks for all mental health subjects.

Dr. L'Abate's highly selective review process helps you find exactly what you need. This unique sourcebook is vital for mental health clinicians, counselors, schoolteachers, and college and graduate students. This updated edition of Maxine Aston's workbook is packed full of insightful, helpful and easily accessible activities for couples where one or both partners is on the autism spectrum to understand and accept their differences. This book expands on topics including verbal and non-verbal communication, sexual issues, socialising and parenting, with case studies from couples who have successfully worked through their issues. This edition is fully updated for the DSM-V and features new research into alexithymia, further insights into couples counselling, digital communication and sensory sensitivity, with new worksheets and opportunities for collaboration and reflection. Combining advice, guidance and activities, this book can be used independently by a couple at home or in conjunction with a therapist, encouraging communication and empathy to help make a neurodiverse relationship successful.

An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 The Marriage Clinic, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

Aston has created this workbook to help couples where one partner has AS. With candid advice, activities and worksheets, she explores a variety of approaches. She identifies specific issues, such verbal and non-verbal communication, sexual issues, socializing and parenting, and comes up with simple and effective ways of addressing these issues.

The Science of Trust: Emotional Attunement for Couples

Getting the Love You Want

How Dual-Career Couples Can Thrive in Love and Work

Saying Yes to a Relationship of Depth, True Connection, and Enduring Love

The Ultimate Relationship Workbook for Couples

Theory and Practice

Making Deeper Connections in Marriage

Learn to Love Consistently with Conscious Communication Practices Good communication builds healthy relationships. Hailed by the best-selling relationship author John Gray as, “brimming with wonderful ideas and methods that can help any couple experience a deeper, more profound connection.” More Love Less Conflict teaches readers how to communicate effectively and get more out of love. Build your communication skills in a deliberate way. Whether debating with our parents, trying to convince our boss, or romancing our significant other, the importance of communication skills in our day-to-day is undeniable. In fact, good communication is crucial to cultivate happy, healthy relationships. Through conscious strategies, learn how to become a better listener, practice open communication, and handle almost any situation. More intimacy and connection, less frustration and arguments. Love is not some sporadic thing we attain every once in a while?hopefully. To psychotherapist and best-selling author Jonathan Robinson, communication is, like love, something to work on and get better at through conscious practice. Couples in love will learn to engage in crucial conversations, understand unique needs, spot a partner’s triggers, and overcome communication barriers. Communication breakdown. In part one, Robinson introduces ways to build a foundation of love and connection. He supplements this with communication exercises, dedicating the rest of the book to:

- Effective communication techniques to understand your partner
- Practices to increase love, fun, and affection
- Methods designed to specifically decrease conflict

If you enjoyed books like Hold Me Tight, Nonviolent Communication, Communication Miracles for Couples, and 4 Essential Keys to Effective Communication in Love, Life, Work?Anywhere!, you’ll love More Love Less Conflict.

NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER • Stop working on yourself as an individual and start working on your relationship as a couple, with the help of the renowned family therapist and author of The New Rules of Marriage “This book is a road map for all of us who seek true intimacy.” —GWYNETH PALTROW, founder and CEO of goop Not much is harder than figuring out how to love your partner in all their messy humanness—and there’s also not much that’s more important. At a time when toxic individualism is redefining our society at every level, bestselling author and renowned marriage counselor Terrence Real sees how his posions intimate relationships in his therapy practice, where he works with couples on the brink of disaster. The good news? Warner, closer, more passionate relationships are possible if you have the right tools. In his transformative new book Us, Real brilliantly observes how our winner-takes-all culture infiltrates families with devastating results: repetitive fights that go nowhere, or a distant relationship in which partners end up living “alone together.” With deft insight, humor, and charm, Real guides you to transform your relationship into one that’s based on compassion, collaboration, and closeness. Us is a groundbreaking guide to a new science-backed skillset—one that will allow you to get past your knee-jerk reactions and tap into your wiser, more collaborative self. With a novelist’s flair, Real shares the stories of couples whose relationships have been saved by these skills and pans out to the culture that reinforces our dysfunction. If you and your partner are backed into separate corners of “you” and “me,” this book will show the way back to “us.” With Us, your true relationship can begin.

The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can’t have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can’t relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozey friends; I like the taste of alcohol; it’s cool and sophisticated; I’m not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I’m drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn’t live without alcohol, and that once I’d had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you’re already on the path to changing your relationship with booze and might have read other ‘sober books’ or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don’t have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person’s fault, and that there’s no need to blame yourself for finding it hard to give up. It honestly isn’t as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that’s what you want. The first part of the book contains essential information for when you’re in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you’ll see I’ve used my own experiences and those of the people I’ve worked with to help ensure you’re ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You’ll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won’t, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you’re facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online ‘quit drinking’ communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing, Tour.

Baby Bomb: A Relationship Survival Guide for New Parents

A Guide for Couples

The Workbook

Getting Past You and Me to Build a More Loving Relationship

Communication Skills for a Strong & Loving Marriage

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers

An Identification Guide

Renewing Your Relationship: 5 Necessary Steps **Renewing Your Relationship: 5 Necessary Steps** is a practical, easy-to-read workbook for couples interested in working together on their relationship as well as individuals attempting to understand their most intimate connections. In fact, couples therapists David Olsen and Erin Belanger-Freeh base **Renewing Your Relationship** in the most fundamental component of relationships: the self. Step one is changing oneself and one’s role in a relationship. This guide is a summary of the techniques and principles Olsen and Belanger-Freeh use in their sessions with couples and individuals seeking to increase intimacy and break counterproductive patterns. Drawing heavily on the principles of Bowen Family systems theory, the therapists encourage readers to identify and change interactional patterns that block intimacy and satisfaction, such as pursue-distance or over/under-responsible patterns. By the end of the book, readers are able to use the powerful concept of differentiation to see real change in their love lives.

In this workbook, the second in **The Couplespeak Series**, Susan Lager demystifies the issues around having meaningful, productive and happy relationships. Based upon her many years as a psychotherapist, coach, wife, mother, friend and sister, with clarity and humor she identifies the key skills and attitudes necessary to become “relationship smart.” This book is a fun goldmine of experiential exercises and practical wisdom, providing readers with vital tools and knowledge to have less harrowing, much happier relationships.

Polyamory is not always easy. With multiple partners often come more complex relationships to navigate. This practical guide looks at the common causes of polyamorous breakups, identifies strategies to avoid ending relationships, and provides you with the toolkit to survive a breakup. Kathy Labriola uses real life examples and expert insight as a counselor and nurse. From how to handle jealousy to the practicalities of managing money and time with multiple partners, this book includes tips and insights from the polyamory community. It is inevitable that some relationships will end in a breakup. This book helps you maintain friendships and minimize the impact of a breakup on the rest of your polycute and wider community. Unlike traditional breakup guides, Labriola’s book offers insight specific to the polyamory community and addresses the unique challenges that come with multiple partners.

"Radical Marriage provides clear ideas, easy strategies to follow, and a 'radical' new paradigm for creating the relationship of your dreams." - Harville Hendrix, Ph.D. and Helen LaKelly Hunt, Ph.D., Co-authors of Making Marriage Simple "Radical Marriage is an accessible and clear description of the steps for relationship success with many easy-to-follow strategies for making life and love better." - Don Ferguson, Ph.D. author of Reptiles in Love and The Couples' Manual "Radical Marriage is for couples in good marriages who envision something wonderful for their future together. The Stoelies have given us a manifesto and road map for marriage as a more perfect union." -William J. Doherty, Ph.D., Professor of Family Social Science, University of Minnesota, author of Take Back Your Marriage: Sticking Together in a World That Pulls Us Apart "Is your marriage where you want it to be? This book will challenge you to take it to the next level, beyond where you ever thought it could be. Your marriage can be more - wonderfully more, extraordinarily more, radically more!" -- Greg and Priscilla Hunt, BetterMarriages.org What kind of marriage do you want? Most couples don't want an ordinary, boring, routine relationship. They want excitement, fun, closeness, love. Marriage is an ancient institution rich with traditions and customs. As appealing as that may be, in today's modern culture, we want to forge our own path. We need security, but we also need excitement and adventure. Radical Marriage is a model for the next evolution of marriage and is new territory for committed relationships. Our marriage can be the greatest adventure of our life. It can be the vehicle for experiencing the excitement and fulfillment we've always wanted. We can only get so far on our own. To get the rest of the way, we need a committed partner. Radical Marriage promotes a much-needed paradigm shift from the perception of marriage as being old fashioned, obsolete, and with a high likelihood of failure, to a platform for the greatest adventure of our life. Radical Marriage is for couples with a good relationship who strongly believe that they are together for a reason, which is to experience life to the fullest through their relationship. This book provides solid guidance and strategies for creating a Radical Marriage, including- Radical Commitment (Chapter 2) Radical Communication (Chapters 3-6) Radical Intimacy (Chapter 7) Radical Romance (Chapter 8) Radical Sex (Chapter 9) Radical Living (Chapter 10) Radical Marriage will open your eyes, rock your world, and change your reality about marriage.

The Mind in Therapy

The Asperger Couple's Workbook

An Original Couplespeak Workbook

5 Necessary Steps

Couples That Work

The Spiritual Work of Marriage

Cognitive Science for Practice

Human mental capacities and processes are the raw materials with which psychotherapists work. Thus what cognitive scientists have discovered in recent decades is potentially tremendous value for psychotherapeutic practice. But the new knowledge is not readily accessible to therapists, who find both language and methodology off-putting. The Mind in Therapy bridges the gap. It offers a comprehensive overview of the relevant range of cognitive activities, ranging from complex mental operations such as problem solving, decision making, reasoning, and metacognition to basic functions such as attention, memory, and emotion. The authors integrate key new findings about the interaction between cognition and emotion, inhibition, and counterfactual thinking--processes that loom large in practice. Each chapter reviews an area of cognitive research, clearly explains the findings, and highlights their implications and applications in diverse models of therapy--cognitive, behavioral, psychodynamic, humanistic, and family. Each includes case vignettes that illustrate the ways in which the concepts are important and useful in practice. All therapists rely on the human mind to effect the change they seek. The clearer understanding of human cognitive capacities, idiosyncrasies, and limitations--their own as well as clients--that they will gain from this book will enhance the effectiveness of both beginning and experienced practitioners, whatever their orientation.

Strengthen the bond that brought you together--a couple's workbook for deepening your relationship Get everything you could ever need from relationship books for couples in one convenient title. This workbook features a variety of dynamic exercises and guided conversations that will help you solidify communication skills, improve your connection, and get ahead of potential problems. Whether you're working out specific issues in your relationship or just looking to bond as a couple, this standout among relationship books for couples--covering everything from finances to sex--provides you with an all-encompassing exploration of your romantic partnership. Go beyond other relationship books for couples with: Insight for couples--Any couple--married, engaged, dating, or otherwise--can find valuable insight in this simple workbook. Dynamic exercises--Explore your thoughts and feelings with journal prompts, quizzes, and more--all designed to spark conversations. Key insights--Build on what you learn with concise takeaways that reinforce important communication skills and offer useful next steps. Grow together with one of the most comprehensive relationship books for couples you'll find.

Have You Lost Your Spark? Are You Having Trouble Communicating? Do You Want To Rekindle Your Relationship's Fire? If you are reading this, you have made the first step towards improving your communication in marriage: you have detected a problem. You and your partner have stopped spending quality time together. You talk but you never communicate. Your love life has gone down the hill. And you end up sitting on a couch, watching TV shows while scrolling through your smartphones for something that will spark your interest. From the lockdown, the pandemic, work-related stress, household chores, and social circumstances can take a toll on your relationship. The clock is now ticking for your relationship. Here's How You Can Improve Your Communication Skills, Increase Intimacy, And Resolve Any Conflict! This eye-opening couples communication workbook will take you by the hand and give you an in-depth understanding of your problems as well as simple tips and tools to overcome your relationship's obstacles. Monica Travis, the author of this game-changing couples therapy workbook, has worked with couples for years and has distilled her knowledge, experience, and skills into an easy-to-read and simple communication skills workbook that will enable you and your partner to: [] Learn How To Communicate Better & Share Your Dreams, Goals, And Fears Without Any Second Thoughts [] Increase Both Physical And Emotional Intimacy By Re-Connecting On A New Foundation [] Resolve Those Conflicts That Have Been Simmering For Years And Ruining Your Chances Of Happiness But Wait... That's Not All! By the end of this couples counseling workbook, you will be able to ◊ Discover Common Interests And Spend More Quality Time Together ◊ Remove Gender Stereotypes Holding Your Relationship Back ◊ Goals Together And Learn How To Fix Your Marriage Don't Hesitate! Invest In Your Relationship Today - Scroll Up And Click "Buy Now"!

An invaluable tool for clinicians and students. Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure - the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to The Practice of Emotionally Focused Couple Therapy, 2nd Ed. or as a stand-alone learning tool, the workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

Mushrooms of Hawai'i

Lighting, Rekindling, or Extinguishing the Flame