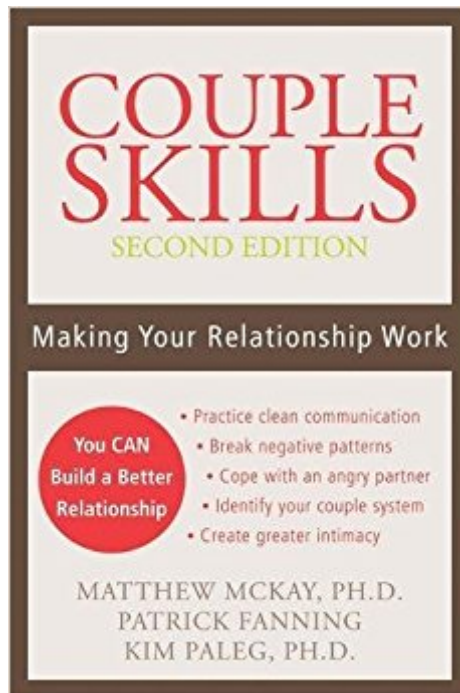




The book was found

Couple Skills: Making Your Relationship Work



Synopsis

Love takes work, but, when it comes to relationships, it pays to work smarter. *Couple Skills*, Second Edition, revised and updated from the therapist-recommended classic, will show you how to work smarter in your relationship. You'll learn to improve communication, cope better with problems, and resolve conflicts with the one you love in healthy and creative ways. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy. New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

Book Information

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Customer Reviews

This revised and expanded edition of the classic relationship-skills book offers couples a comprehensive approach to better communication, greater intimacy, and deeper commitment. The new edition includes way to use acceptance and commitment therapy (ACT) principles for better conflict management.

My therapist recommended this book for us, but my boyfriend and I still broke up. The advice in the book was good.

I enjoyed reading this book. There were quite a few sections that I was able to relate to and use in my personal life. This book was more for me and my personal growth before using it to grow in my relationship.

Great book. Loving going through this with my hubby. Wild definitely recommend.

I have read a lot of books on couple skills. I find this one to be helpful in everyday life communication with others and a path to understanding why I do what I do. I think this is far more than a book for couples navigating the ups and downs of a partnership. This book has helped me grow as an individual.

Best book EVER!!!! I ordered this about 3 years ago and still use it as a reference. It has truly helped me through the process of betterment of my relationship. I really appreciate this book

Dry and recipe style manual. I'm a therapist and I didn't find it engaging or useful. Others might

Dense read but full of exercises and hope. Great accompaniment to couples therapy.

we didn't get into it but good information

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