

COUPLE SKILLS

*Making Your
Relationship Work*

MATTHEW MCKAY, Ph.D. • PATRICK FANNING
KIM PALEG, Ph.D.

Couple Skills Making Your Relationship Work

Tracy Alderman, Karen Marshall

Couple Skills Making Your Relationship Work:

Couple Skills Matthew McKay,Patrick Fanning,Kim Paleg,2006-12-01 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 **Couple Skills** Steve Keller,2019-03-13 Buy the Paperback Version of this Book and get the Kindle Book version for FREE If you want to improve your relationship in a stable and effective way avoiding situations of chaos and conflict lack of trust jealousy boredom and second thoughts then keep reading No relationship is ever completely free of problems Life happens and it can bring all sorts of chaos your way The days can be full of arguments and quarrels and it may seem that your partner does everything to make things worse Every little misunderstanding can become a pretext to quarrel and intimacy seems to have vanished Or maybe you're starting a new relationship and you want everything to go smoothly from the beginning You want to know yourself better and establish a deep connection right away and avoid being found bored tired and doubtful by those close to you Quiet You Finally Have Access To All The Tips It Takes To Make Your Relationship Happy And Harmonious With Couple Skills You Can Learn more about your partner and their relationship expectations Discover how the past can dictate handling the present and future How to create a great relationship no matter how bad past ones have been Learn ways to communicate that go deeper than words Couple Skills will teach you the secrets of creating a strong loving committed relationship through communication skills that every long standing marriage has learned over time You'll get all the tips and step by step instruction needed to see nearly immediate improvements in communicating the needs and desires of you and your partner You'll also enjoy a multitude of ideas for ways to connect reconnect and stay connected on a level you've never experienced previously Explore everything from emotions to the deeper meanings of partner appreciation No stone is left unturned in bringing you the most relevant ways to improve day to day communications and methods to get your relationship goals back on the same page Get this book and Discover why seemingly good relationships end up in conflict Learn the most effective ways to stop conflict right away Find out how to tap into the wisdom of long standing relationships and develop the skills you need to live happy and harmonious lives Discover TONS of ways to keep your relationship fresh and fun Learn new ways of making your partner feel valued and appreciated Find out how to avoid the no nos that can kill a relationship Get the best trust building tips available that WORK Discover how to safeguard your relationship from problems by setting the right foundation Even if you believe you have lost all hope and do not think you can re establish your relationship Couple Skills will help you take on these challenges as a TEAM and enable you to grow together over the years You will finally have every bit of information you need at your fingertips to get your relationship back on track and healthier than it's ever been You may not see a transformation overnight but if you put daily effort and employ only a FEW of the tactics presented in this book to use you WILL see positive results It's time to

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