

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

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The Divorce Book Matthew McKay,1999 Written in clear simple language for those going through a divorce or separation this fully revised edition includes topics on mourning and mending conflict resolution effects on children and divorce mediation New sections on coping with stress learning new ways to communicate with your partner and negotiating short term agreements are featured Preparing for Surgery William W. Deardorff,John L. Reeves,1997 Even a relatively minor operation is still an assault to the system and a source of anxiety and stress Studies and research suggest that mind body preparation for surgery can help relieve anxiety and reduce the severity of physical symptoms following an operation This workbook distills the results of these studies into a usable supportive guide The Women's Concise Guide to Emotional Well-Being Karen J. Carlson,Stephanie A. Eisenstat,1997-09-25 Profiles current research on women s emotional health while offering advice about preventing recognizing and treating the particular psychological disturbances and disorders that affect women

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