

Coupleship How To Build A Relationship

Unf*ck Your Life and Relationships - Anita Astley
2022-12-06

Unf*ck Your Life and Relationships combines Anita's personal story and the culmination of twenty-five years of clinical experience with individuals, couples, and families. She demonstrates that building healthy relationships starts from the inside out and calls for a "back to basics" of love and life that have become lost in a culture driven by electronic communication and social media attachment. Experiencing conflict in relationships is an unavoidable fact of life. When our relationships are messed up, our lives feel messed up. Likewise, our hearts and minds hurt—the two are intricately linked. Drawing on over twenty-five years of clinical

experience with individuals, couples, and families, psychotherapist Anita Astley will walk you through practical steps to unf*ck yourself from the inside out in order to establish healthy relationships. Her approach takes you back to the basics of love and life that have become lost in a culture consumed by electronic communication and social media attachment. Anita will help guide you through your journey of transformation by identifying various psychological dynamics that serve to do more harm than good to you and your relationships. In addition, she will provide tools to help you hone your communication skills through active listening and effective speaking as a means of working through conflict to arrive at solutions.

These practices have helped countless patients and have proven to be effective for Anita personally. In this book, she shares her childhood journey from India to Germany (and then to Canada), reuniting with her father. However, his expectation for Anita to follow a culturally traditional path and consent to an arranged marriage destroyed her confidence and self-worth and left deep emotional scars. As she pursued higher education and individual psychotherapy, Anita found her voice through mentors who enabled her to break free, find her path to healing and inner strength, and eventually unlock the skills needed to help others. In these pages, Anita Astley now acts as your mentor and guide so you can do the same and learn to maintain inner emotional balance and form healthy, fulfilling relationships with those you love.

It's All about Power and Control, Why Marriages Fall Apart and What It Takes to Put Them Back Together Again - Norman L. Quantz 2010-01

Do You Feel Controlled In Your Marriage? Is Emotional Abuse Taking A Toll On You, Your Children, And Your Relationship? You're Not Alone. Fortunately, Now There Are Answers. How's your marriage doing? Is it everything you hoped for? Could it be a little better? A lot better?

Children of Alcoholics - Robert J. Ackerman 1990

Recovery from Smoking - Elizabeth Hanson Hoffman 1998

Second Edition Elizabeth Hanson Hoffman rationalized her smoking for 27 years, then she finally accepted the fact that she was powerless over cigarettes. Using her own story, the Twelve Steps, and techniques she has developed as a practicing psychologist, Hoffman will help you find the strength to finally let go of smoking.

Coupleship Inc. - Debra MA MBA Kaplan 2023-02-15

A romantic relationship is one of the most

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important emotional decisions we make in our lifetime. It is also one of the most important financial decision of our lives. When partners commit, they merge their individual and often complicated relationship with money that also creates a financial partnership, which we call Coupleship Inc. The authors combine their expertise in couples therapy and financial planning to provide insights, tools and practical steps for couples to successfully resolve money conflicts and create emotional and financial wellbeing. Advance Praise for Coupleship Inc. ". . . the definitive book for couples with money problems." - Richard Schwartz, Ph.D., creator of the Internal Family Systems model of psychotherapy and best-selling author of No Bad Parts "Absolutely brilliant!" This compelling and accessible book offers a practical blueprint for healing the financial challenges that sabotage many couples. - Jenna Riemersma, LPC, #1 best-selling author of Altogether You: Experiencing personal and spiritual transformation through

Internal Family Systems Therapy, speaker, therapist, consultant "...a must read for every couple!" - Alexandra Katehakis, Ph.D., author of Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment "A groundbreaking piece of work for couples who find themselves confused about their financial and relational stalemates." - Carol Juergensen Sheets, LCSW, CSAT, CCPS-S, CPC-S

Just Your Type - Barbara Barron 2001-05-15 Discover how the secrets of Personality Type can enliven your love life! Learn the real reason why your strong quiet type has trouble expressing his feelings. Or why your social butterfly is always flirting...or why the neatnik in your life just can't leave that dirty sock where it is . . . or why the hopeless romantic really is blinded by the stars in his eyes. Whether you're evaluating a new relationship or looking to strengthen the one you have, this savvy guide will provide fresh insight into the mysteries of love. Barbara Barron-

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Tieger and Paul Tieger explain that it's not gender but personality type -- your natural tendency to be outgoing or quiet, methodical or whimsical -- that rules the way men and women relate. Drawing on twenty years of experience as well as groundbreaking new research, they explain everything you need to know about Personality Type, and offer an individualized approach to improving your love life. Once you've discovered which personality type describes you and your partner (or potential partner) best, you'll recognize your own behavior patterns, understand more about your partner's strengths and quirks, and learn.

The Good Marriage: How and Why Love Lasts -
Judith Wallerstein 2019-08-09

When it first appeared in 1995, *The Good Marriage* became a best-seller. It offers timeless clues to the secret of happy, long-lasting marriages. Based on a groundbreaking study of fifty couples who consider themselves happily married, psychologist Judith Wallerstein

presents the four basic types of marriage — romantic, rescue, companionate, and traditional — and identifies nine developmental tasks that must be successfully undertaken in a “good marriage” — separation from the family of origin, up-and-down vicissitudes of early years, children, balance of work and home, dealing with infidelities, and more. The men and women Wallerstein interviewed readily admit that even the best relationship requires hard work and continuing negotiation, especially in the midst of societal pressures that can tear marriages apart. But they also convey an inspirational message, for almost all of them feel that their marriage is their single greatest accomplishment. *The Good Marriage* explains why, and its lively mix of storytelling and analysis will challenge every couple to think in a profoundly different way about the most important relationship in their lives. “Should be required reading for all who are interested in marriage.” — W. Walter Menninger “Should prove a lifesaver for many

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couples.” — Publishers Weekly “Will enrich the sparse literature on happy marriages.” — USA Today “One of the nice things about *The Good Marriage* is its modesty. It doesn’t pretend to offer a philosophy or even a lecture on marriage. It takes no position on the ideologically charged issues of women’s marital roles and status. Equally important, it ignores the two most common ways of talking about marriage — as a contract negotiated between two equal parties and as the pathway to individual fulfillment. For this reason it is refreshingly free of ‘rights’ talk and therapy talk. Indeed, Wallerstein places much more emphasis on the development of good judgment and a moral sense than on the acquisition of effective communication or negotiation skills.” — Barbara Dafoe Whitehead, *The Atlantic* “A lagniappe to enduring couplehood... The strength of this study is that Ms. Wallerstein, a gifted interviewer, persuades the couples to reveal their interior lives in rich, explicit detail.” — Susan Jacoby, *The New York*

Times Book Review “Written in a masterful style that often reads like the best popular fiction... Wallerstein and Blakeslee again combine their substantial talents... deftly and entertainingly exploring the foundations of good marriages.” — Tara Aronson, *San Francisco Examiner & Chronicle* “Groundbreaking.” — *Boston Globe* “This is a wonderfully readable and immensely valuable book, full of wise and original insights about the many, many roads to marital happiness.” — Judith Viorst “With wisdom, humor, and sympathetic understanding, Judith Wallerstein helps us recognize and rediscover the good marriage... lucid, psychologically sophisticated, and generously wise.” — David Blankenhorn, *Newsday* “Historically informative as well as profoundly wise psychologically.” — Joan M. Erikson “For a long time, as a Rabbi, I’ve been using *The Good Marriage*, by the late Judith Wallerstein... in my pre-marital counseling. She provides... amazingly helpful insights [which] open up conversations and lead

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couples to think much more deeply about what they are getting themselves into — and what they might need to do to keep their marriages strong.” — Rabbi Carl M. Perkins “A welcome addition to the field of literature on contemporary marriage... The style [is] clear, concise, sensitive and, occasionally, personal. Her personal additions... add warmth, emotional consciousness, and greater insight into what makes individuals and couples happy in their relationships. This book has value for the many audiences interested in relational theory that want to approach relationships from a realistic and positive perspective.” — Nancy Williford, *Clinical Social Work Journal* “In *The Good Marriage*, Wallerstein’s new study of 50 married couples offers affirmation that the process of marriage itself presents a vehicle for transformation... A best-selling author, Wallerstein employs a thoughtful, nonaggressive style that appeals to the general public. Wallerstein has performed an invaluable service

in *The Good Marriage*.” — Elizabeth M. Tully, M.D., *Journal of Academy of Child and Adolescent Psychiatry* “Solid... impressive... Those interested in social policy should be pleased that so well-respected a liberal academic as Ms. Wallerstein has written a book that celebrates marriage and points the way toward restructuring it.” — *Wall Street Journal* “With extraordinary skill and compassion Wallerstein and Blakeslee take us inside the lives of fifty American couples and find that a good marriage still provides the best framework for enduring love and intimacy.” — Sylvia Ann Hewlett “A very appealing book... clearly written and clearly thought out.” — *Library Journal* “Wallerstein’s major contribution is not about how and why love lasts, but about how and why love develops. It is in such a context, less idyllic, but more realistic, that the book will prove to be a lasting contribution.” — *Readings: A Journal of Reviews and Commentary in Mental Health* [Healing Times](#) - Louise Giroux 1997

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If you're looking for a hands-on resource to help you increase your self-awareness and improve your day-to-day life, then Louise Giroux's *Healing Times* is for you. The twelve chapters cover such subjects as family or origin, inner-child work, sexuality, couple relationships, career, parenting, illness and divorce. Includes case studies as well as a variety of creative, insightful exercises for you to use for personal healing.

The Miracle of Recovery - Sharon Wegscheider-Cruse 1989

Bringing Your Self to Life - Cheryl Hetherington 1989

Coupleship - Sharon Wegscheider-Cruse 1988-02-01

Forming a happy, joy-filled partnership is one of the greater challenges. Through *Coupleship*, many can find greater understanding and tools to: Enhance a current marriage Make a decision

about commitment Explore ways to find a partner Loving and being loved isn't a skill, its a learned process sprinkled with a little magic. Explore, learn and understand. This book was the foundation of the couples workshop currently offered at Onsite workshops.

Triumph - Trysh Ashby-Rolls 1991

Getting Love Right - Terence T. Gorski 2012-09-11

IT'S NEVER TOO LATE TO LEARN HOW TO LOVE When you fall in love you may be repeating bad relationship habits that you learned growing up or in a previous unhealthy relationship. No matter what your history, *Getting Love Right* can explain how to build and maintain healthy intimacy, including: * How to recognize if you are in a compulsive, apathetic, or healthy relationship * How to become a person who is capable of healthy intimacy * How to choose a healthy partner If you are in a relationship or want to be in one, Terence T.

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Gorski will teach you that love isn't just something that happens -- love is something you can learn.

Building Intimate Relationships - Rita

DeMaria 2013-08-21

First Published in 2003. Routledge is an imprint of Taylor & Francis, an informa company.

Couples Connecting - Barbara Jo Brothers

2013-11-05

Help clients grow into loving commitment! Making and keeping commitments is more difficult today than ever. About half of all marriages end in divorce, and serial monogamy is not uncommon. **Couples Connecting: Prerequisites of Intimacy** identifies the cultural and personal attitudes that impede commitment and impair intimacy, and it gives you the therapeutic tools to work with clients who don't know how to build a lasting love. **Couples Connecting** examines why past theories of self-actualization are now failing. Because our culture emphasizes individualistic values, people

do not learn how to create and share bonds with others. Therapists must become developmental partners for clients who need to overcome failures of maturation in order to have successful, loving relationships with their partner. This essential guide offers you practical techniques and case studies, as well the theoretical underpinnings to deal with this crisis of intimacy. **Couples Connecting** provides specific, insightful studies on overcoming obstacles to genuine commitment, including: identifying patterns of anger in distressed and nondistressed couples ways to help engaged couples overcome the fear of following negative family patterns using family systems theory and psychodynamics to understand developmental issues in marriage suggestions for clinical practice with couples who fear intimacy implications of ten essential factors in intimacy **Couples Connecting** will help you design and use techniques to promote personal growth and bridge gaps between clients to help couples

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achieve satisfying and intimate relationships.

A Woman's Journey to Freedom - Sandra

Simpson Lesourd 1998-03

Life After Divorce - Sharon Wegscheider-Cruse
2012-12-11

The role divorce plays on emotional stability can be devastating for many men and women—anger, resentment, and a sense of loss often linger well beyond the life and death of the marriage. Since much of the stigma of the past has been lifted, many are discovering that it is easier to work through these negative emotions, turning this life-altering event into a positive one by creating a better, more fulfilling life after divorce. Whether a marriage was short-term or long-term, the pain felt by the individuals involved in either type is often quite similar after it dissolves. There are also key behaviors and emotions unique to both the individual leaving the relationship as well as the one being left. What both partners have in common, however, is

a deep sense of loss. *Life After Divorce, Revised & Updated* guides readers through this confusion, offering tips on how to heal, secrets to dealing with both new and old relationships outside the marriage, how to communicate with children caught in the crossfire, and how to deal with the effects of financial instability in the home. In this updated and revised edition of the classic book *Life After Divorce*, bestselling author and therapist Sharon Wegscheider-Cruse outlines the most common issues associated with the dissolution of marriages—abuse, addiction, lack of communication, money, career goals, social interests, and cheating are just a few. Readers learn how to navigate the divorce process without the added cost of unwanted attorney fees, the difference between a collaborative and mediation divorce, and how to choose which path is right for them. Also provided are two new chapters, one focusing on adult children whose parents have chosen to divorce later in life and how they can effectively

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deal with the guilt associated with feeling the pressure to take sides, and the other explains how technology plays a role in the dissolution of marriages. Wegscheider-Cruse believes that each and every person has the ability to grow from the trauma of divorce, coming out a better, well-rounded individual. Peace, fulfillment, and greater self-esteem are possible after divorce, as is achieving a loving and lasting relationship with a new partner.

Addiction to Love - Susan Peabody 2011-04-13
Love addiction manifests in many forms, from Fatal Attraction-type obsessive lust to less extreme but nonetheless psychologically and emotionally harmful forms. The most common of these is staying in a bad relationship because of a fear of being alone-the "I hate you but don't leave me" relationship. In ADDICTION TO LOVE, recovering love addict Susan Peabody explains the variety of ways this disorder plays out, from the obsessively doting love addict to the addict who can't disentangle from an unfulfilling, dead-

end relationship. Peabody provides an in-depth and easy-to-follow recovery program for those suffering from this unhealthy and often dangerous addiction and explains how to create a loving, safe, and fulfilling relationship. • A seminal work on unhealthy and obsessive behaviors in love, and how to change behavior to have a positive relationship. This third edition includes a new introduction and revisions to the text throughout. • Some symptoms of love addiction include love at first sight, excessive fantasizing, abnormal jealousy, nagging, and accepting dishonesty. • Even relationships with parents, children, siblings, or friends may be addictive-dependency is not always related to romantic love. • Previous editions have sold more than 40,000 copies. "Love addiction is a three-headed serpent that Susan Peabody adeptly slays. This is the quintessential book for any love addict or counselor needing to fully understand this highly prevalent and complex disorder. Susan detects and dissects aspects of

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this condition not comprehended in other books of its kind. Recovery is possible. This book makes it possible to take the succinct steps necessary toward a loving and reciprocal long-term intimate relationship." —Sudi Scull, M.F.T., C.N., psychotherapist and nutritionist
Library Journal - 1988

Managing Church Conflict - Hugh F.

Halverstadt 1991-01-01

In this instructive book, Hugh Halverstadt advocates a Christian vision of shalom for an ethical process of conflict management. He shows how respectfulness, assertiveness, accountability, and a focus on the larger common good should all serve as Christian behavioral standards. The book is ideal for addressing ministries, church systems, and other nonprofit organizations in conflict.

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