

The Couple S Survival Workbook

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Rather than the tired (and often unrealistic) approach of analyzing and trying to "fix" what's wrong with the partners and/or relationship, this book's concept of having a friendship FIRST and most importantly... so rational, realistic, and eye-opening. Love the hands-on approach of workbooks.

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The Couple's Survival Workbook aims to inspire the individual seeking help to make changes instead of changing his/her partner, and it will ultimately help you understand how to approach complications positively. This book will help you find a balance between emotional reactivity and intimacy.

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