

## The Couple S Survival Workbook

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The Couple's Survival Workbook is designed to work even if your partner isn't committed to the process. By skillfully changing yourself, you're likely to find your whole relationship improving. By skillfully changing yourself, you're likely to find your whole relationship improving.

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Olsen and Stephens also know that often only one half of a couple is ready to make real changes. The Couple's Survival Workbook is designed to work even if your partner isn't committed to the process. By skillfully changing yourself, you're likely to find your whole relationship improving.

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The Couple's Workbook Homework to help love last Love is a skill, not just an emotion - and in order for us to get good at it, we have to practice, as we would in any other area we want to shine in.

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### The Couple's Survival Workbook: What You Can Do To ...

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.

### Amazon.com: Customer reviews: The Couple's Survival ...

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.

### The Couple's Survival Workbook by David Olsen, Echo Point ...

The Couples Survival Workbook: What You Can Do to Reconnect with Your Partner and Make Your Marriage Work: Olsen PhD LCSW, David C., Stephens EdD LCSW, Douglas: Amazon.com.au: Books

With more than 55 years of experience between them, master couple s therapists David Olsen and Douglas Stephens know where most relationships go awry. Based on their knowledge of those danger zones, they have created targeted, practical exercises that help you successfully navigate those areas. The goal is to turn problems or potential problems into opportunities for greater communication and intimacy. Olsen and Stephens also know that often only one half of a couple is ready to make real changes. "The Couple s Survival Workbook" is designed to work even if your partner isn t committed to the process. By skillfully changing yourself, you re likely to find your whole relationship improving. Whether you re a therapist seeking practical, effective exercises for the couples you work with clients or you are part of a struggling couple looking to make your relationship work, "The Couple s Survival Workbook" can help.

Skyrocketing phone bills. Layovers and missed flights. Countless hours spent pining, worrying, and wondering, Why do we do this to ourselves? Long-distance love can be one challenge afteranother, but as most committed couples will tell you, the rewards well outweigh the stresses. In this sensitive yet sensible guide, long-distance veterans Chris and Kate provide strategies for making the distance seem shorter and outline eight essential skills for relationship success: Communicating effectively Establishing mutual goals and expectations Dealing with issues of trust, fidelity, and independence Having fun in spite of the distance Managing time, schedules, and stress Keeping the relationship real Balancing sex and emotional intimacy Making the transition to same-city living Based on interviews with more than 100 couples and packed with knowledgeable tips and honest advice, THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE proves that, with patience and dedication, a loving relationship can not only survive but also thrive across the miles.

With perfect hindsight, Dake gives practical insights for infertile couples on surviving holidays, relating to well-meaning family and friends, working through infertility's strain on a marriage, and deciding whether to continue to pursue parenthood. "Infertility" encompasses relevant medical issues, fertility options, and adoption.

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In Couples That Work, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, Couples That Work will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Families and friends learn how to better understand the dilemma faced by military couples and how to help them cope. Explore the interconnectivity of critical issues many military families are confronted with. Consider practical solutions to one of the most crucial threats facing relationships in the military and potentially the world. Learn how to protect your relationship from extramarital affairs while maintaining commitment to your spouse. Learn how to successfully survive the devastation associated with family separation. Learn how to use a necessary tool for any couple to strengthen their relationship during short- and long-term times of separation. Explore the painful journey of many families. Help yourself understand the extreme difficulties of family separation; assist others with simple practical principles in coping and successfully surviving the experience. Learn how to help others avoid pitfalls that can ruin their relationship.

The process of finding and making the best possible match is not an easy one. On the contrary, from an emotional perspective finding, making, maintaining, and enriching an intimate partnership is one of the most challenging tasks an adult faces. There must be an attraction or a "spark" for a true match to be made. When a couple comes for counseling, they come with the hope that their relationship can be renewed--that they can capture the heat and the emotion that they once had together. "The Couple's Match Book: Lighting, Rekindling, or Extinguishing the Flame" explores relationship theory and research. Including self-assessment activities to help determine what actions to take to improve relationships, this guild offers information that focuses on understanding and respecting personality differences, role perceptions, communication, and problem-solving. The balance of the book shares personal stories written by couples detailing their own experiences in an effort to help others in improving their intimate relationships. "The Couple's Match Book: Lighting, Rekindling, or Extinguishing the Flame" can be used as a supplemental text in marriage and family courses, as well as a primary resource in couples counseling and marriage and family therapy.

Running a business with your spouse is a high-stakes game. You can't afford to lose either one--your business or your marriage. But statistics are not in your favor. More often than not, this journey leads to an endless loop of scraping by with no clear way out. The dream of success fades into disillusionment and resentment. Fortunately, there's a better way. Brad and Sarah Casehler built a simple plumbing and air conditioning company from nothing into \$33 million in annual revenue, dominating the Austin market and sweeping the "Austin's Best" awards year after year. Now Brad shares the key decisions they made along the way, shaping the booming success of their business and deepening their love in the process. Learn how to be co-creators of a thriving business as you build your relationship along with your financial security. The Survival Guide to Working with Your Spouse provides all the tools you need to win in business and still want to share a bed.

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

Divorce and Separations are emotion charged times. Turn to this little self help book to get through.

"The collective wisdom of hundreds of happily married couples."--Back cover.

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