

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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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.

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