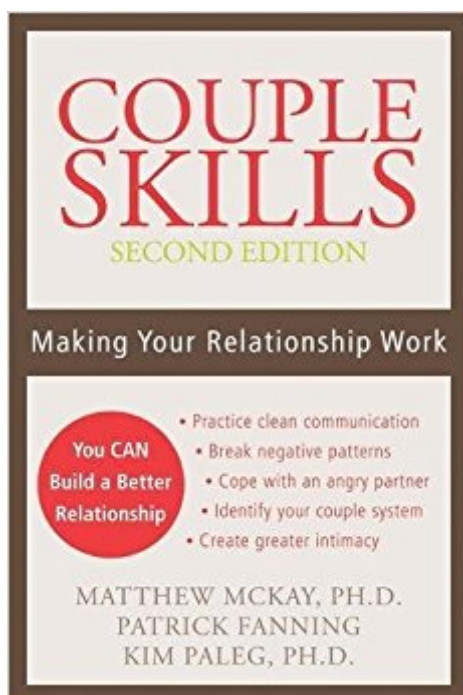


The book was found

# Couple Skills: Making Your Relationship Work



## Synopsis

Love takes work, but, when it comes to relationships, it pays to work smarter. *Couple Skills, Second Edition*, revised and updated from the therapist-recommended classic, will show you how to work smarter in your relationship. You'll learn to improve communication, cope better with problems, and resolve conflicts with the one you love in healthy and creative ways. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy. New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

## Book Information

Paperback: 328 pages

Publisher: New Harbinger Publications; 2 edition (December 1, 2006)

Language: English

ISBN-10: 157224481X

ISBN-13: 978-1572244818

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 91 customer reviews

Best Sellers Rank: #16,737 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #125 in Books > Self-Help > Relationships > Love & Romance #127 in Books > Parenting & Relationships > Marriage & Adult Relationships

## Customer Reviews

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.

My therapist recommended this book for us, but my boyfriend and I still broke up. The advice in the book was good.

I enjoyed reading this book. There were quite a few sections that I was able to relate to and use in my personal life. This book was more for me and my personal growth before using it to grow in my relationship.

Great book. Loving going through this with my hubby. Wild definitely recommend.

I have read a lot of books on couple skills. I find this one to be helpful in everyday life communication with others and a path to understanding why I do what I do. I think this is far more than a book for couples navigating the ups and downs of a partnership. This book has helped me grow as an individual.

Best book EVER!!!! I ordered this about 3 years ago and still use it as a reference. It has truly helped me through the process of betterment of my relationship. I really appreciate this book

Dry and recipe style manual. I'm a therapist and I didn't find it engaging or useful. Others might

Dense read but full of exercises and hope. Great accompaniment to couples therapy.

we didn't get into it but good information

[Download to continue reading...](#)

Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Couple Skills: Making Your Relationship Work The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) The Relationship Skills Workbook: A Do-It-Yourself Guide to a Thriving Relationship Couple's Massage Handbook: Deepen Your Relationship with the Healing Power of Touch The Spiritually Intimate Marriage: Discover the Close Relationship God Has Designed for Every Couple The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Astrology: Understanding Zodiac Signs & Horoscopes To Improve Your Relationship Compatibility, Career & More! (Astrology, Zodiac Signs, Horoscopes, Compatibility, ... Spirit, Crystals, Star Signs,

Relationship) *The Wise Relationship Adviser - How to Solve Problems between Partners in Your Everyday Life: Multipurpose Handbook of Relationship Improvement Ways* *4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere!: A How-To Guide for Practicing the Empathic Listening, Speaking, and Dialogue Skills to Achieve Relationship Success* *The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert* *Essential Assessment Skills for Couple and Family Therapists (The Guilford Family Therapy Series)* *Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships (Polyamory, Polyamorous, Relationship, Dating, Poly Relationship, Polyamory Dating, Open Relationships)* *Overcome Relationship Repetition Syndrome: Why We Continually Repeat Toxic Relationship Patterns* *Doing Couple Therapy, Second Edition: Craft and Creativity in Work with Intimate Partners (The Guilford Family Therapy)* *How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4)* *Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series)* *Empowerment Series: Direct Social Work Practice: Theory and Skills (SW 383R Social Work Practice I)* *The Practicum Companion for Social Work: Integrating Class and Field Work (4th Edition) (Merrill Social Work and Human Services)*

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)