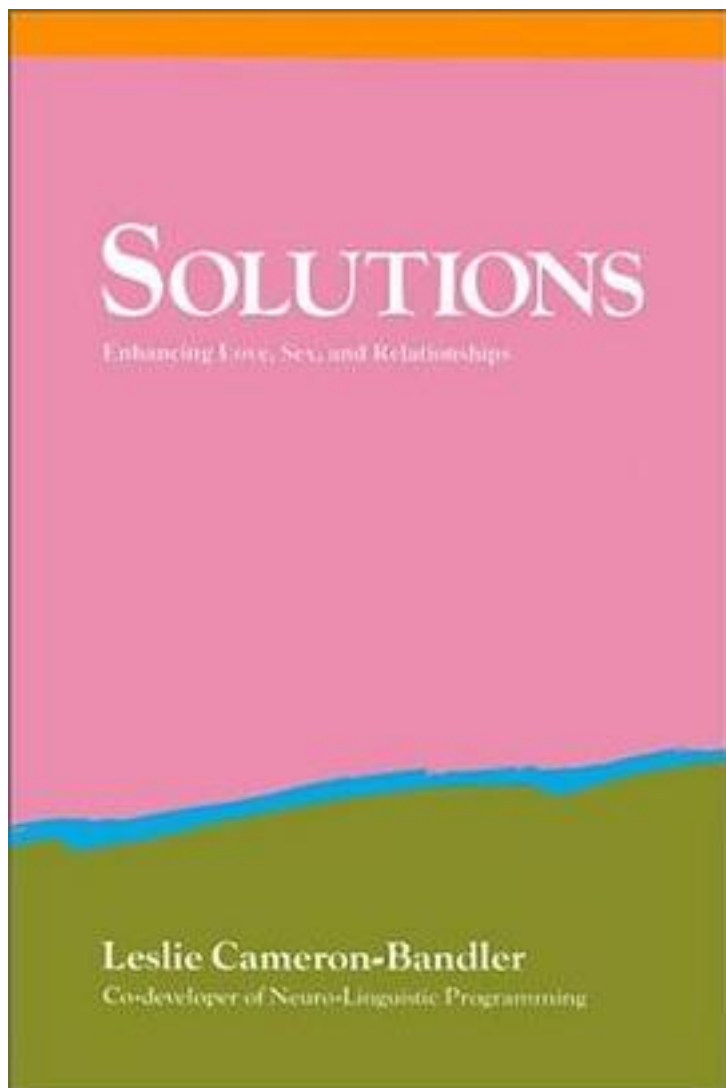


# Solutions



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This is a book about fulfillment and choice. The practical and effective solutions presented in the following pages will enable you, if you choose, to convert the promise of personal satisfaction and fulfillment into reality.

Although the material in this book is used by clinicians in the field of psychology, all of the concepts and methods are discussed in everyday terms. Each important point is amplified with anecdotes and actual examples from my rich background in helping people achieve happier and more fulfilling lives. Even though the presentation of this material is oriented around couple relationships and sexual functioning, it is important to know that these techniques are just as effective in producing desired change in all of the other significant areas of life. The following set of resources is a therapist's guidebook that anyone can use to resolve problems and make their life more of what they want it to be.

This revised and expanded edition of this work (formerly titled *They Lived Happily Ever After*) contains all of the methods and techniques formulated by my colleagues and me during our development of the field of Neuro-Linguistic Programming (NLP). That remains unchanged; none of the original book has been deleted since each item has proven its value in creating positive change. But while this book has received a generous and enthusiastic response over the years, time has not stood still and even an excellent product of the past needs updating and improvement.

In addition to stylistic revisions, I have added several important new techniques that I developed during the past few years. These techniques work to remedy problems that were generally considered unsolvable when I first wrote this book. The new sections on the threshold pattern in relationships (Chapters 9 and 17) are especially relevant to anyone who wants to understand the process of falling in and out of love, and to everyone who wants to know what to do to maintain a loving and supportive relationship.

I have written this book for anyone who wants the experience of sexual fulfillment and nurturing relationships to reside within the realm of choice and control. The information contained in the following pages is for seekers and doers, people who will not settle for less when they know that more is within reach.

Be comfortable and curious as you read this book. Recognize yourself and others in the descriptions and stories. Practice the techniques--they work. Use what you are about to learn, and enjoy.

作者介绍:

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