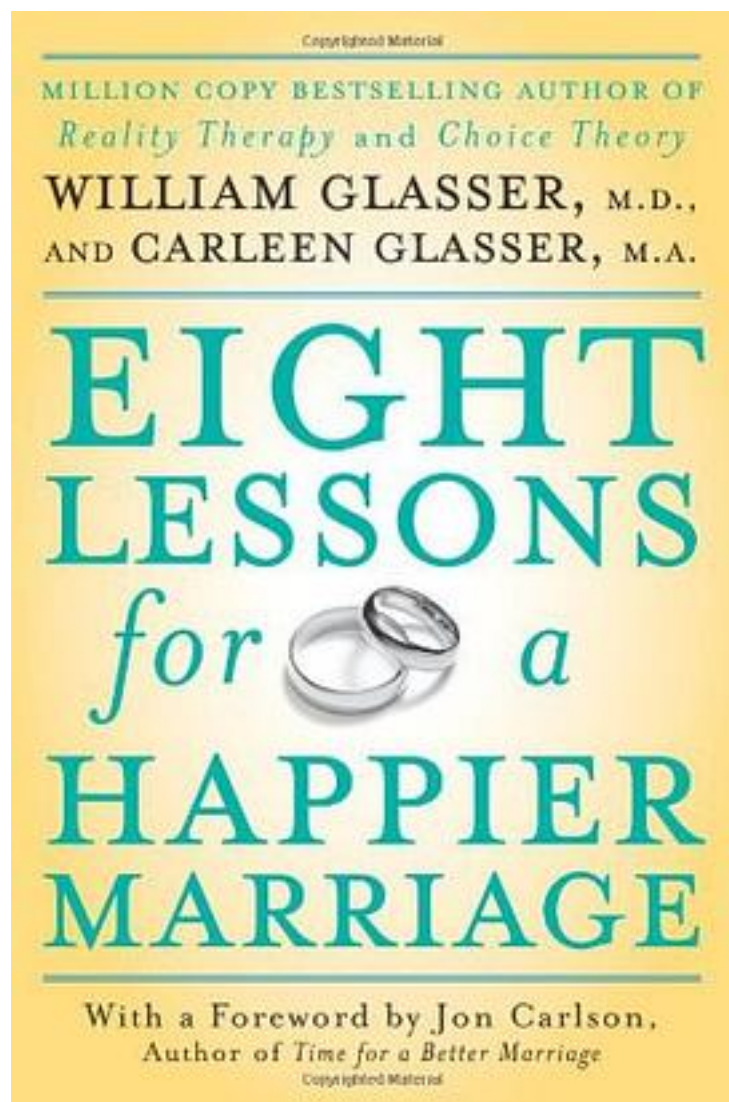


# Eight Lessons for a Happier Marriage



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著者:William Glasser

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## 在线阅读本书

### Book Description

Applying the methods and ideas espoused in his popular book Choice Theory, world-renowned psychiatrist and relationship expert Dr. William Glasser, along with his wife, Carleen, offers a practical guide to an enduring, satisfying, successful marriage. Eight Lessons for a Happier Marriage showcases eight real-life histories of troubled couples and presents simple, practical solutions to overcoming the pitfalls illustrated therein. Keeping love alive and strong is not as difficult as you think; let the Glassers and this indispensable book show you how!

From Publishers Weekly

Psychiatrist William Glasser, founder of an eponymous institute, and his wife, Carleen, who teaches relationship workshops there, follow earlier relationship books (Getting Together and Staying Together) by laying out the secrets to a happy marriage through what they refer to as choice theory, a simple enough, commonsense theory based on the premise that every action and reaction is a personal choice and can therefore be controlled. Many of the Glassers' tips are mere rehashings of what other books on the market already have to offer. The Glassers list the Seven Deadly Habits of marriage (criticism, blaming, complaining, nagging, threatening, punishing and bribing) and recommend replacing them with positive habits like supporting and encouraging. Another concept the authors introduce is the quality world, which is defined as a feel good world created from our own most pleasurable feelings. It's necessary to know and negotiate around each other's quality worlds (he likes wine with dinner; she abhors it). At a mere 112 pages, this is a quick read, and the comics and case studies at the beginning of each chapter aid in illustrating the lessons in a way that makes them even easier to understand. (July)

### Book Dimension

length: (cm)19.7 width:(cm)12.8

作者介绍:

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## 标签

幸福

婚姻

心理

个人管理

评论

To review, the deadly habits are criticizing, blaming, complaining, nagging, threatening, punishing, and bribing or rewarding to control. Stop using them. Instead, when you embark on your new adventures together, use the caring habits: supporting, encouraging, listening, accepting, trusting, respecting, and negotiating your differences.

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书评

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