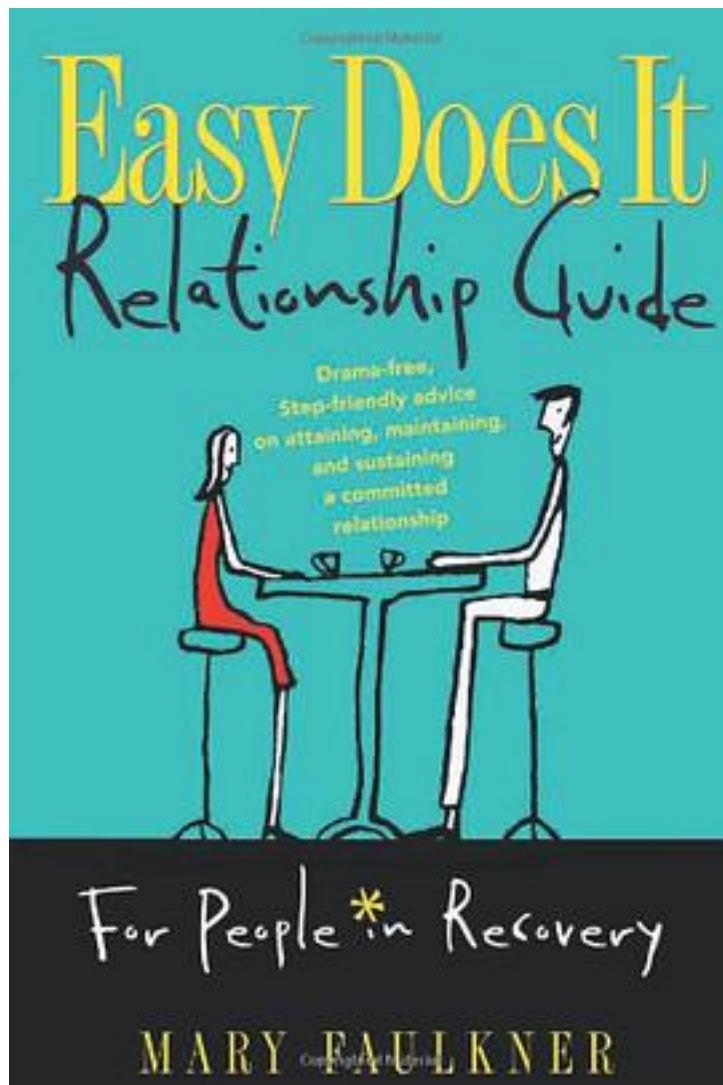


Easy Does It Relationship Guide



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Solid relationship advice for couples in recovery - delivered with a light touch. Identifying relationship challenges specific to couples in recovery, and offering advice rooted in recovery principles, the Easy Does It Relationship Guide gently nudges readers to move beyond conflict and create healthier, happier, more intimate relationships. Mary Faulkner, a therapist and popular workshop leader, draws from sound relationship theory and shares stories and insights from couples in recovery. She identifies the five basic topics partners argue about over and over again- money, sex, extended family, children, and time-and offers suggestions for assessing and resolving disagreements. Faulkner also discusses ways to communicate wants and needs without drama, denial, or taking a partner's "inventory." In approach and content, Easy Does It Relationship Guide brims with great advice for all couples. Readers will come to see relationships as a process, always changing, often challenging, and ultimately a source of hope, strength, and joy.

作者介绍:

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