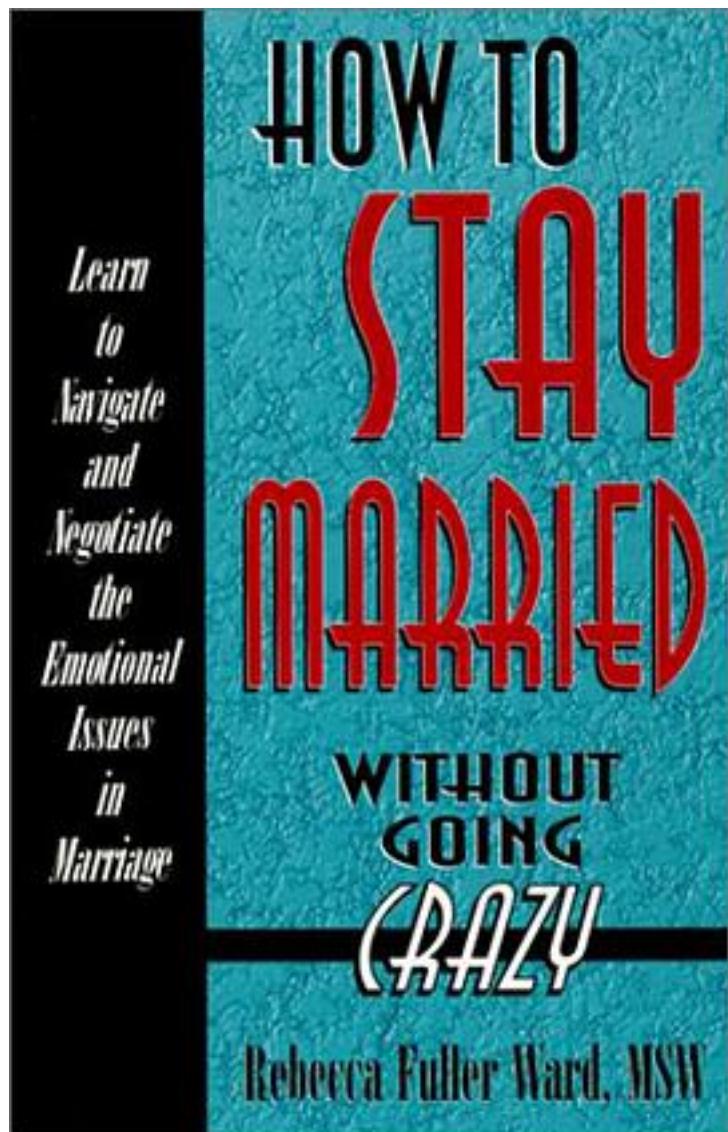


How to Stay Married Without Going Crazy



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Rebecca Ward has specialized in relationship therapy for twenty years. In How To Stay Married Without Going Crazy she shares much of what she has learned from the thousands of hours she has spent with individuals, couples, and families who have come into her office for therapy. She has distilled the experiences of her practice and the years of study into a very helpful, imminently readable book. Don't let this book's size fool you! It is condensed to encourage your reading and it is dense with meaningful information which all couples should identify and find greatly useful in working on their marriages. She clarifies complex emotional and relational issues and gives concrete solutions. Not just a descriptive self-help book, this one offers how-to direction as well. In How To Stay Married Without Going Crazy the reader will learn: How to communicate more effectively; Why you have had difficulty communicating from the start; The Golden Rule of Marriage, which is different from the "other one", but how practicing this one can immediately reduce marital discord; About the FOO Issue, how our Families Of Origin program us for our marital behavior; Why you have conflict about time and money; That there is sex after marriage, and; How to collaborate with each other so marriage becomes both the comfort it should be and the catalyst to continued personal growth for both you and your spouse.

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