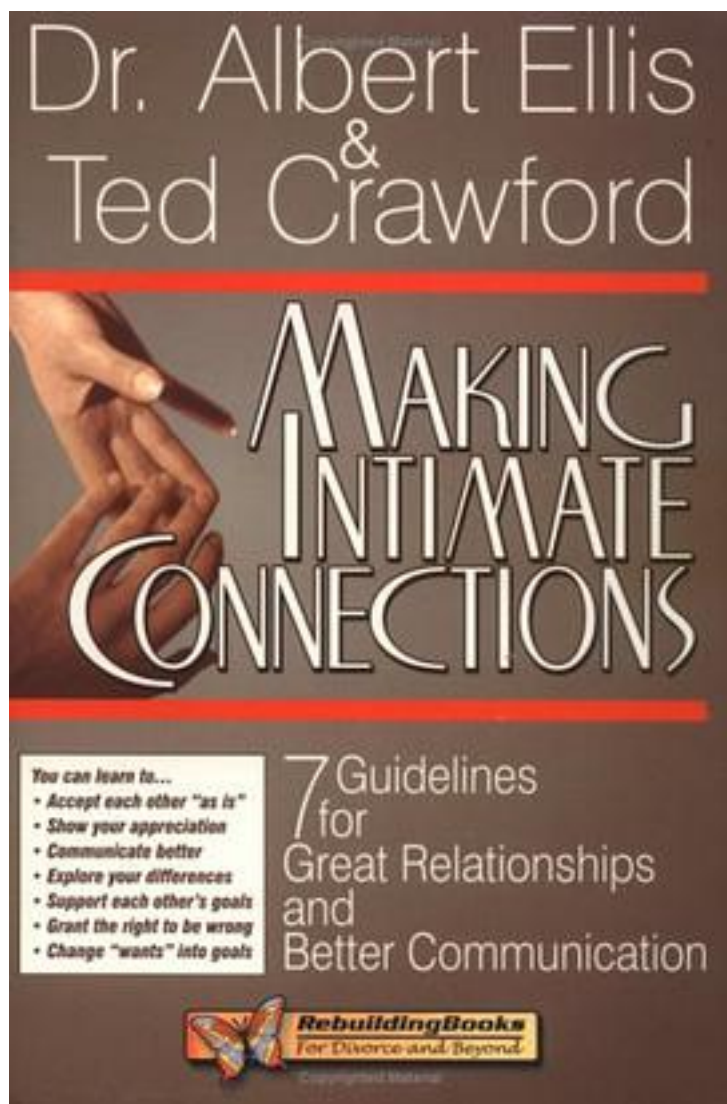


Making Intimate Connections



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This is the first book to apply Dr. Ellis's famous "Rational Emotive Behavior Therapy" principles to intimate relationships. The seven guidelines for better couple communication offered in this user-friendly guide emphasize non-blaming acceptance, integrity, mutual support, appreciation, replacing irrational ideas and expectations with realistic attitudes. Dozens of real-life couple vignettes show readers how they can readily learn and implement the seven guidelines in their own lives.

作者介绍:

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