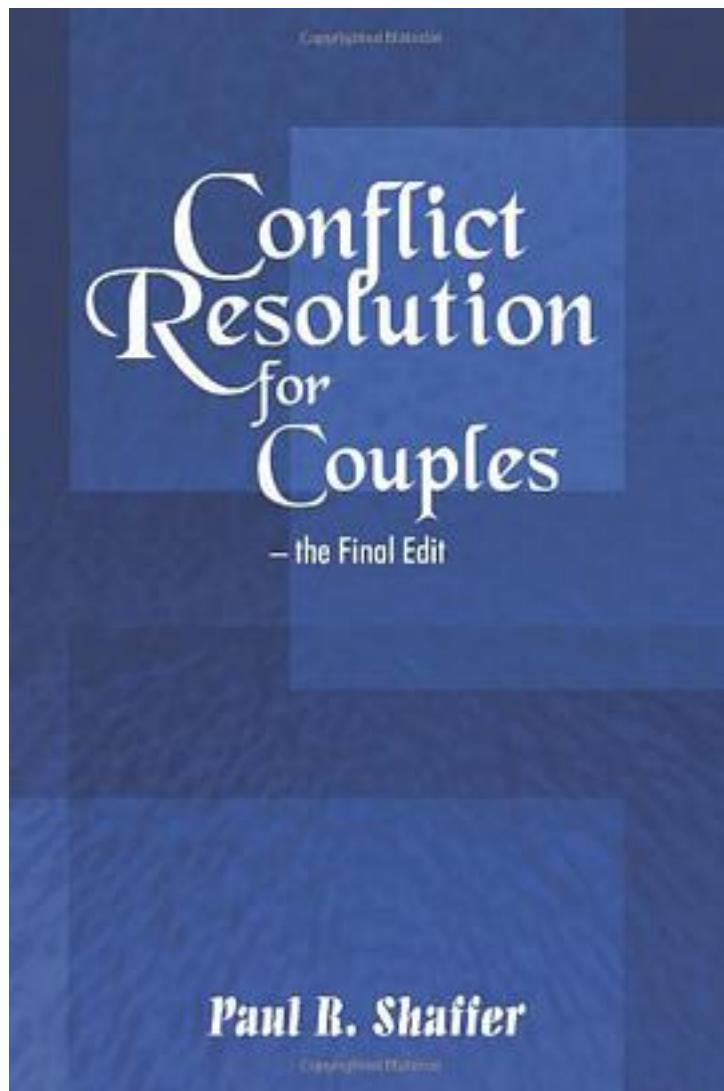


# Conflict Resolution for Couples



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Two recurring complaints of the "self-help genre" are that: 1) there are many books out there that do a great job of discussing the problems but come up short when it comes to listing specific solutions, and 2) that what some authors take an entire book to say could be contained in a chapter or two. "Conflict Resolution for Couples" is written in a comprehensive, easy-to-understand, and logical progression that leads the reader through the different aspects of developing a healthy relationship. The book has solid answers and strategies for anyone in a relationship who is having difficulties working out reasonable solutions. Each chapter covers an essential part of a maturing relationship. The book consists of three parts. Part I is about "Establishing a Foundation" for the relationship, which consists of: the basics of mental health and healthy relationships strategies and theories around change how the part plays a part in the present Part II is concerning "Tools for Resolution." It consists of: a model for anger control establishing health routines tools for identifying the issue tools for processing the issue tools for resolving the issue Part III discusses "Specialized Populations." It addresses: couples who never fight and couples who always fight adolescents and parenting separation and divorce religion and spirituality

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