



Do I Have to Give Up Me to Be Loved by You Workbook: Workbook - Second Edition

Jordan Paul Ph.D., Margaret Paul Ph.D.

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A companion to the best-selling book of the same title, this popular, newly revised workbook helps couples create a deeply satisfying, more intimate relationship. Focusing on the ever-present dynamic of conflict-and the process of working through it-the authors guide couples in getting to the root of recurring disagreements and destructive behaviors.

Self-assessment exercises and couple activities help readers recognize unloving responses, move past fear, identify self-protective and negative beliefs, break down power struggles, and reach out in forgiveness. The principles outlined in this powerful, easy-to-use workbook have helped thousands of couples and families create more loving relationships.

Key features and benefits a proven best-seller highly recommended by marriage therapists includes exercises for couples to explore core beliefs and values

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