

Getting The Love You Want A Guide For Couples Third Edition

Getting the Love You Want: A Guide for Couples: Second Edition
The Love Labyrinth
Wired for Love
Couples Companion: Meditations & Exercises for Getting the Love You Want
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Getting the Love You Want: A Guide for Couples: Second Edition

Originally published in 1988, GETTING THE LOVE YOU WANT has helped thousands of couples attain more loving, supportive and deeply satisfying relationships. In this groundbreaking book, Dr Harville Hendrix shares with you what he has learned about the psychology of love during more than thirty years of working as a therapist and helps you transform your relationship into a lasting source of love and companionship. For this edition of his classic book, Dr Hendrix and his wife, Helen LaKelly Hunt, have added a new introduction describing the powerful influence this book has had on so many people over the years. With its step-by-step programme, GETTING THE LOVE YOU WANT will help you create a loving, supportive and revitalized partnership.

The Love Labyrinth

This book shows how to use agreement to transform the biggest areas of marital conflict into closeness, cooperation, and mutually desirable outcomes. Licensed psychologist, marriage, and relationship coach Jack Ito PhD illustrates with clear, easy to follow examples, how to communicate about the biggest problems that couples face. These are the same techniques his coaching clients use to stop divorces, end affairs, deal with addicted spouses, solve problems, end blaming, improve dating, handle money issues, parent cooperatively, get out of debt, and more. This book is unique in offering communication training to couples when one spouse (or significant other) is not ready or willing to work on the relationship.

Wired for Love

This book combines new thinking, cutting edge neuroscience, humour and Phil Parker's upside-down perspective to life's problems and their solutions to help you become happy and fulfilled. Learn how to: □ use the power of language to release 'stuckness' and create change □ recognize and interrupt negative thought patterns to change the way your brain works □ develop awareness of exactly what you need to do differently, so that you can become your own coach □ choose a new future - and make sure that it happens! Based on two decades of research and Phil's world-changing Lightning Process®, Get the Life You Love, Now takes you

step-by-step on an amazing journey of self-discovery unlike anything you've ever experienced before.

Couples Companion: Meditations & Exercises for Getting the Love You Want

The bestselling guide to transforming an intimate relationship into a lasting source of love and companionship, now available unabridged in an all new production

Love Journal

Noelle Harrison is a hardworking wife and mother, who resents her husband Wayne's constant forays out of town for work. Unhappy with the direction her life has taken, she literally bumps into a man who winds up becoming the other man.

Giving The Love That Heals

- Over 11 million copies sold - #1 New York Times Bestseller for 8 years running - Now celebrating its 25th anniversary Simple ideas, lasting love Falling in love is easy. Staying in love—that's the challenge. How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life? In the #1 New York Times bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today. *The 5 Love Languages* is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work. Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

Getting the Sex You Want

You can go after the job you want—and get it! You can take the job you have—and improve it! You can take any situation—and make it work for you! Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, *How to Win Friends & Influence People* will teach you: -Six ways to make people like you -Twelve ways to win people to your way of thinking -Nine ways to change people without arousing resentment And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

Cupid's Poisoned Arrow

Neuroscience and couples therapy come together to help couples break patterns of bad behavior. What happens between partners that makes love turn to war? How can couples therapists help deescalate the battles? Two leading therapists apply the latest neuroscience research on emotional arousal to help couples regulate each other's emotions, maintain secure attachment, and foster positive, enduring relationships. The neurobiologically-grounded and sensitive approach set forth by Solomon and Tatkin in this book is sure to transform the way clinicians understand and treat couples in therapy.

Love De-Coded

WHY ARE YOU SO UNLUCKY AT LOVE? You've been a good person. Done all the "right things." You've gone to school. You have a good job. You have a good life, but no one to SHARE it with. The truth is "Luck" has nothing to do with it AND you didn't fail at Love. If you find yourself single, wondering why things never work out, this book is for you. Through the **HARDCORE LOVE** Philosophy, you will learn to identify your relationship issues and why you hit dead ends instead of the altar. **HARDCORE LOVE** teaches you to **LOVE YOURSELF, FIRST**. Helps you understand your love receptors and your 7 Emotional Pillars of Love. **LEARN** how to move past **DESIRE** and reach your relationship's highest point! **LOVE** in a state of total confidence. **DISCOVER** the Love your Soul has yearned for your entire life. **HARDCORE LOVE!** Be Inspired!

Getting the Love You Want, 20th Anniversary Edition

A marriage therapist and pastoral counselor explains that most of the feelings of receiving inadequate love come from unresolved childhood conflicts and describes how adults can learn to flourish as loving and loved people, in a new edition of the best-selling handbook. Reprint. 50,000 first printing.

The New Monogamy

The New York Times bestselling guide to transforming an intimate relationship into a lasting source of love and companionship, now fully revised with a new forward and a brand new chapter. Getting the Love You Want has helped millions of people experience more satisfying relationships and is recommended every day by professional therapists and happy couples around the world. Dr. Harville Hendrix and Dr. Helen LaKelly Hunt explain how to revive romance and remove negativity from daily interactions, to help you: · Discover why you chose your mate · Resolve the power struggle that prevents greater intimacy · Learn to listen — really listen — to your partner · Increase fun and laughter in your relationship · Begin healing early childhood experiences by stretching into new behaviors · Become passionate friends with your partner · Achieve a common vision of your dream relationship Become the most connected couple you know with this revolutionary guide, combining behavioral science, depth psychology, social learning theory, Gestalt therapy, and interpersonal neuroscience to help you and your partner recapture joy, enhance closeness, and experience the reward of a deeply fulfilling relationship.

Not To People Like Us

Uses an understanding of unconscious desires and needs to offer advice to parents on how to promote the emotional wholeness of their children and nurture their own development at the same time

Getting the Love You Want Workbook

Orphaned by the Border Wars, Alina Starkov is taken to become the protégée of the mysterious Darkling, who trains her to join the magical elite in the belief that she is the Sun Summoner, who can destroy the monsters of the Fold.

The Emotionally Absent Mother

Originally published in 1988, GETTING THE LOVE YOU WANT has helped thousands of couples attain more loving, supportive and deeply satisfying relationships. In this groundbreaking book, Dr Harville Hendrix shares with you what he has learned about the psychology of love during more than thirty years of working as a therapist and helps you transform your relationship into a lasting source of love and companionship. For this edition of his classic book, Dr Hendrix and his wife, Helen LaKelly Hunt, have added a new introduction describing the powerful influence this book has had on so many people over the years. With its step-by-step programme, GETTING THE LOVE YOU WANT will help you create a loving, supportive and revitalized partnership.

Loving Bravely

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. *Wired for Love* is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

Make Every Man Want You

Zing! Cupid's arrow skewers a primitive part of the brain. Obediently, we fall in love amid showers of passionate fireworks, bond for a time – and then often get fed up with each other and grow irritable or numb. Perhaps we try to remodel our mate, seek solace online, or pursue a new love interest. Ancient sages recognized this biological snare and hinted at a way to dodge it: use lovemaking to balance one another and harmony arises naturally. With an entertaining blend of personal experiences, the latest neuroscience, and forgotten insights from around the globe, *Cupid's Poisoned Arrow* confronts current assumptions about sex and love and offers a refreshing, practical approach to sexuality.

Get What You Want

Draws on extensive research, counseling workshops with couples and the authors' own 30-year relationship to distill basic, provocative truths about marriage and provide essential tools for rendering a marriage more rewarding and positive. 50,000 first printing.

Only You

Everyone has their own concept of what "monogamy" means—and most people assume their partners and spouses are on the same page. Couples may assume that they are monogamous, but never discuss exactly what the monogamy agreement means to them. What happens when this implicit agreement is broken? After infidelity, relationships can become strained as both partners lose trust and faith in each other. The New Monogamy offers a way out of these difficulties for couples struggling to stay together after infidelity. Couples make these implicit assumptions and agreements explicit so that each partner knows exactly what is expected of them in the future and what they can expect from their partner. Author Tammy Nelson helps couples regain trust, romance, and intimacy after infidelity by redefining the monogamy contract. The new monogamy contract is an explicit relationship agreement created after the affair that allows each partner to openly, honestly, and safely share their desires, expectations, and limitations. This agreement does not create an open marriage, but rather, an open conversation wherein each partner can have a say in setting the ground rules for their relationship. The book first helps couples rebuild trust after the affair, then engages in a series of Imago dialogues based on questions about what each partner really wants in the relationship, not what you think you should want or what a partner wants you to want. The New Monogamy includes questionnaires, checklists, and candid questions for partners to ask that help welcome complete honesty and trust back into the relationship. Then, the book helps couples make an erotic recovery from infidelity by addressing erotic problems that may surface and offers advice for helping couples return to desiring and trusting one another. After an affair, it's impossible to go back to the way the relationship was before, but this book offers the chance for a new beginning.

Connecting Through Yes!

Unleash Your Irresistibility! "Make Every Man Want You gives every woman the tools she needs to unlock her inner magnet." --Kelly Ripa Let's make one thing clear: this book is like no other dating book you've read. There are no rules, no list of things to do to land a husband in thirty days, and no reason to blame yourself if "he's just not that into you." Please. Throw those books away. Instead, let's focus on you--and how you can make yourself more appealing to others in almost every situation--whether you have a man or not. Think of it as a crash course in desirability, a life-changing lesson in loving yourself inside and out. Once you embrace your unique qualities and dissolve your bad relationship habits, you'll be amazed to find how irresistible you are to others! This girl-friendly guide reveals: Five Truths Every Irresistible Woman Needs to Know: Live in the moment, Men do not want to be changed or improved Seven Habits of Highly Unattractive Women: Boring in bed, Being needy Eight Secrets of Attracting the Right Man for You: Get rid of your "perfect man" checklist, Have your own life

Getting the Love You Want

A guide to finding and keeping love shows readers how to meet the challenges of a new relationship, avoid making the same mistakes, deal with emotional issues, and improve their odds

Hardcore Love

Here is a proven couples counseling method applied to sex for the very first time. Communication problems can erode a relationship in and out of the bedroom. This guide takes a proven communication method, which has been used to counsel millions of couples, and

applies it to sex for the very first time. The Imago Relationship Therapy, which was pioneered by Harville Hendrix in the national bestseller and self-help classic *Getting the Love You Want*, shows readers how to understand and build trust with their partners through a unique form of dialogue. New in paperback, *Getting the Sex You Want* teaches readers how to build sexual communication skills quickly and connect with their partner in a new way. Readers learn exercises that enable them to communicate their sexual needs and desires, get past old issues, and revive passion in their relationship.

Getting the Love You Want Revised Edition

As seen on The TODAY Show! "A godsend to anyone searching for, but struggling to find, true love in their lives." "Kristin Neff, PhD, author of *Self-Compassion* "Empowering and compassionate, and its lessons are universal." "Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We've all heard "You can't love anyone unless you love yourself," but amid life's distractions and the myth of perfect, romantic love, how exactly do you do that? In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you'll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you'll be ready to find the healthy, lasting love your heart desires.

Getting To 'I Do'

REVISED AND WITH A NEW FOREWORD ARE YOU GETTING THE LOVE YOU WANT? Originally published in 1988, *Getting the Love You Want* has helped millions of couples attain more loving, supportive, and deeply satisfying relationships. The 20th anniversary edition contains extensive revisions to this groundbreaking book, with a new chapter, new exercises, and a foreword detailing Dr. Hendrix's updated philosophy for eliminating all negativity from couples' daily interactions, allowing readers of the 2008 edition to benefit from his ongoing discoveries during his last two decades of work. Harville Hendrix, Ph.D., in partnership with his wife, Helen LaKelly Hunt, PhD., originated Imago Relationship Therapy, a unique healing process for couples, prospective couples, and parents. Together they have more than thirty years' experience as educators and therapists and their work has been translated into more than 50 languages, with Imago practiced by two thousand therapists worldwide. Harville and Helen have six children and live in New York and New Mexico.

Receiving Love

This groundbreaking book from the best-selling authors of *Getting the Love You Want* and coauthors of *Giving the Love that Heals* is the first to address the biggest unexplored issue facing couples today: Most of us are better at giving love than accepting it. We don't realize all the ways that our resistance to appreciation, praise, compliments, and accepting help from others hurts us and cripples our relationships. Many partners learn how to give love, but many more undermine their relationships by for-getting something that is equally important -- learning to receive it. According to the authors, the root of the problem is the self-rejection that began in childhood, when our parents and caretakers unintentionally failed to nurture or directly rejected traits, characteristics, or impulses when we were children. We end up rejecting in ourselves whatever our caretakers ignored or rejected in the course of our childhoods. When we become adults, this makes it impossible to let in the love we want and need, even when our partners offer it. As a result, we dismiss compliments, minimize gestures of affection, and create obstacles to true intimacy. In this book, Harville Hendrix and Helen LaKelly Hunt, co-creators of Imago Relationship Therapy, offer a definitive guide to breaking the shackles of self-rejection and embracing the love our partners offer. *Receiving Love* is a very personal book for Drs. Hendrix and Hunt, and much of their own journey is the inspiration for it. Drawing on their renowned expertise, the wide clinical experience of hundreds of Imago therapists, and their own personal experience, the authors are able to offer detailed guidance on how to conquer the problems that come from self-rejection and embrace the gifts that are abundant in every person's life, if only we knew how to accept them. With its groundbreaking theory, challenging processes, and inspiring examples, this book holds the key to loving relationships that last.

The Love List

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

The 5 Love Languages

A companion workbook to the enormously successful New York Times bestselling relationship book, *Getting the Love You Want: A Guide for Couples*. In 1988, Harville Hendrix in partnership with his wife, Helen LaKelly Hunt, published a terrifically successful relationship guide, *Getting the Love You Want*. The book introduced thousands to their Imago Relationship Therapy, a unique healing process for couples, prospective couples, and parents, and developed into an overnight sensation. For their part, Doctors Hendrix and Hunt managed to aid scores of couples in their plight for more loving, supportive, and deeply satisfying relationships. Now, more than a decade later, this companion book picks up where its predecessor left off, delving further into relationship therapy once again, to help transform relationships into lasting sources of love and companionship. The *Getting the Love You Want Workbook* is designed for the hundreds of thousands of couples who have attended Imago workshops since *Getting the Love You Want* hit bookstands, as well as new and curious ones seeking a practical route back to intimacy and passionate friendship. The workbook contains a unique twelve-week course (The New Couples' Study Guide) designed to help work through the exercises published in Part III of *Getting the Love You Want*. Included are complete step-by-step instructions for transforming relationships into a lasting source of love and companionship. For those of us struggling to maintain our most precious relationships, the *Getting the Love You Want Workbook* helps us grow aware of our individual, unconscious agenda while steering us towards a more harmonious link with our loved ones that will satisfy our deepest needs.

Getting the Love You Want, 20th Anniversary Edition

New theory of love as nourishment applied to relationships.

The Love Report

Faith and Feminism

Elena Murzello cannot imagine going to the grocery store without a list. As she strolls through the aisles, she relies on her list to make sure she gets her must-haves and to help keep her from grabbing items she does not need. It was with this theory in mind that, at age twenty-one, she created a list of characteristics for a potential lifelong mate that still guides her love choices to this day. In *The Love List*, Elena shares her real-life experiences as well as information gathered from more than a hundred single, divorced, and married men and women about the qualities they look for in a life partner. Abstracting details from her interviews she created a process that anyone can use to create his or her own lists. Along with introspective questions to ponder, Elena includes sample lists of characteristics, the top three traits both men and women seek in a partner, an exploration of different types of relationships, and ways to diversify a portfolio of suitors. *The Love List* provides practical tips and personal stories to encourage single people to look deep within, take risks, and learn to rely on their own unique lists while searching for the perfect mate.

Overcome Neediness and Get the Love You Want

After a terrible childhood, Shane Morgan made something of himself, someone any parents would be proud of except his own. He vowed to be a better parent to his own kids. A mistake with Liza Hall, four years ago, gave him the biggest gift in life his son. And then on Valentine's night, trying to please his son, he met the love of his life. For the first time in his life Shane was finally happy, ready to take his relationship to the next step with Larissa until a knock on his front door. Will this change everything he'd hope for? Valentine's day is supposed to be about love, hearts, flowers and candy, but for Larissa Edwards it was just another day. Until she met a handsome stranger and his little boy in the restaurant after she was stood-up. That night everything changed for her. Shane owned her body, heart and soul. Can she handle the past when it comes knocking? Can their love survive abuse, lies and secrets? **WARNING: This book contains explicit sexual content. FICTIONAL**

Making Marriage Simple

This important book brings the ignored population of abused upper-income women to light, revealing for the first time the depth and severity of "upscale abuse" How is it possible for a highly educated woman with a career and resources of her own to stay in a marriage with an abusive husband? How can a man be considered a pillar of his community, run a successful business and regularly give his wife a black eye? That we can even ask these startling questions proves how convinced we are that domestic abuse is restricted to the lower classes. In *"Not to People Like Us"* psychotherapist Susan Weitzman dramatically challenges this assumption. It is the first book to explore a previously overlooked population of emotionally and physically battered wives-the upper-educated and upper-income women, who rarely report abuse and remain trapped by their own silence. Weitzman draws on an in-depth study to

document the shocking nature and incidence of abuse among the wives of professors, physicians and CEOs-many of them professionals and executives themselves. With keen insight and profound sensitivity, she reveals the unique path taken by the upscale wife-the early warning signs, the dilemmas and decisions, the dangerous desire to cover up and maintain appearances. The first book to condemn the legal and social service system for failing to recognize domestic violence among upper-income families, "Not to People Like Us" offers crucial information to help women find their way out of abusive relationships and toward safety and independence.

How to Get what You Want and Want what You Have

Offers guidance, as well as positive affirmations and inspirational mantras, on manifesting intentions into actions.

Keeping the Love You Find

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were "undermothered" as children often struggle with intimate relationships, in part because of their unmet need for maternal care. The Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the "mother gap" by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal "defects" back to mothering deficits, relieving self-blame. And, by teaching today's undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

How To Win Friends and Influence People

LESS NEEDY IS MORE ATTRACTIVE Are you always trying to make your relationship better, but somehow only make your partner upset? Now you can put an end to your neediness and more easily get the love you want. This guide takes the struggle out of overcoming neediness. Using clear examples and down to earth explanations, you will quickly begin to experience closer relationships. And by overcoming neediness, you will become more confident and attractive. Whether you are single or married, you can . . . * Overcome neediness to improve dating success * Overcome neediness to prevent a breakup or divorce * Overcome neediness to be more attractive * Overcome neediness to be more confident and relaxed * Overcome neediness to get commitment from your partner * Overcome neediness to improve other relationships And Many More PLUS: Help your partner to overcome neediness JACK ITO, PH.D. (Coach Jack) is a licensed clinical psychologist, who works as a marriage and relationship coach and specializes in reconciling on the edge marriages. He believes that most people divorce not because their relationships can't be improved but because people don't know how to improve them. His teaching is based on the principle "when we change the way we relate to others; they change the way they relate to us." Coach Jack holds a doctorate in clinical psychology from Fuller Theological Seminary Graduate School of Psychology and has

over 20 years of experience in the field of counseling and relationship coaching. A former clinical assistant professor of psychology at Geneva College in Beaver Falls, Pa., Coach Jack has also worked with the U.S. Navy, helping Marines cope with post traumatic stress and reconnecting with their spouses, post-deployment. He is the author of four books, "Overcome Neediness and Get the Love You Want," "What to do When He Won't Change," "Connecting Through Yes " and "Therapy Beyond All Expectations," published by Loving Solutions Publishing. For more information about Dr. Jack Ito and for free relationship articles, please visit www.coachjackito.com.

Getting the Love You Want

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Love and War in Intimate Relationships: Connection, Disconnection, and Mutual Regulation in Couple Therapy

Dr. Patricia Allen's jam-packed seminars in Los Angeles have resulted in over two thousand marriages. Now you too can take advantage of this proven step-by-step program. Here's what you'll learn: How to attract the right man When you should make the first move and when you should not Why equality in a relationship may not be what you're looking for Why sex before commitment is a bad deal How to have sensational sex What makes a man run away from a relationship How to know when you're giving too much How to get what you want without asking What makes a man want to commit How to be engaged to the right man within a year!

Love You Forever

Why do so many women of faith have such a strong aversion to feminism? And why do so many feminists have an ardent mistrust of religion? These questions are at the heart of Helen LaKelly Hunt's illuminating look at the alliance between spiritual conviction and social action. Intelligent and heartfelt, Faith and Feminism offers a perceptive look at the lives of five spirited and spiritual women of history, women who combined their undying faith with feminist beliefs and who made the world a better place by doing so. □ St. Teresa of Ávila, a woman whose bravery in confronting her shadows gave her the strength to connect with the world and live a life of divine action. □ Lucretia Mott, a Quaker minister, who rose from her quiet upbringing to become a passionate speaker and activist working tirelessly on behalf of justice and peace. □ Sojourner Truth, a Christian slave, who spoke out with unwavering courage to claim her God-given rightful place as an African American and a woman. □ Emily Dickinson, an extraordinary poet, who touched the world with her ability to capture and transform the experience of

suffering. □ Dorothy Day, a radical journalist, who lived a life of voluntary poverty as a way of expressing her passion for the Christian faith and care for those in need. A remarkable book that focuses on the idea that spirituality and feminism are really different expressions of the same impulse to make life more whole, Faith and Feminism offers a powerful catalyst for reflecting on our sense of self -- and for living and loving according to our deepest values.

Get the Life You Love, Now

Shows how an enlightened relationship can lead to spiritual growth and personal healing and offers a life-changing program for doing so. Reprint. 100,000 first printing.

Getting the Love You Want: A Guide for Couples: Third Edition

Shadow and Bone

The author of "Men Are from Mars, Women Are from Venus" discusses ways to become happy and confident. A former monk, Gray analyzes behaviour that helps individuals to succeed and offers advice on stress management and negative emotions. Includes meditation instruction with practice exercises. Bestseller. 1999.

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