



Stop Blaming, Start Loving!: A Solution-Oriented Approach to Improving Your Relationship

By Patricia Hudson O'Hanlon, Bill O'Hanlon

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, Stop Blaming, Start Loving!: A Solution-Oriented Approach to Improving Your Relationship, Patricia Hudson O'Hanlon, Bill O'Hanlon, Here is a fresh, new approach to relationships. It goes beyond analyzing relationships to changing them, even if one partner isn't interested. Using a solution-oriented approach, the authors show readers how to:

- * break free of old patterns in days or weeks, not months or years
- * quickly and easily solve relationship problems
- * improve their sex life
- * increase feelings of love and closeness
- * get over past hurts.

Since making the shift from analyzing the past to plotting the future is not easy, Bill O'Hanlon and Pat Hudson summarize key points and action steps for each change. They share the stories of their friends and therapy clients who have stopped blaming and started loving, inspiring their readers to be creative as they transform today's dreams of more romance and happiness into tomorrow's reality.



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**