



## Super Commuter Couples: Staying Together When a Job Keeps You Apart

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By Ma Lmft

Equanimity Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. How does a couple stay connected when living apart is their norm? A super commuter is a person whose job is far enough away from home that they must live apart from their family for days or weeks at a time. During the past several years the number of super commuters in both the United States and abroad has risen exponentially. Through interviews with people from around the world as well as the author's personal experience as the wife of a super commuter and professional knowledge as a licensed therapist specializing in supporting super commuter couples, this book takes the reader behind the scenes of this lifestyle where they will find tips for strengthening relationships, insights on how to decide if super commuting is right for them, practical advice on how best to navigate a super commuter relationship, and six steps to help super commuter families cope with ambiguous loss.



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