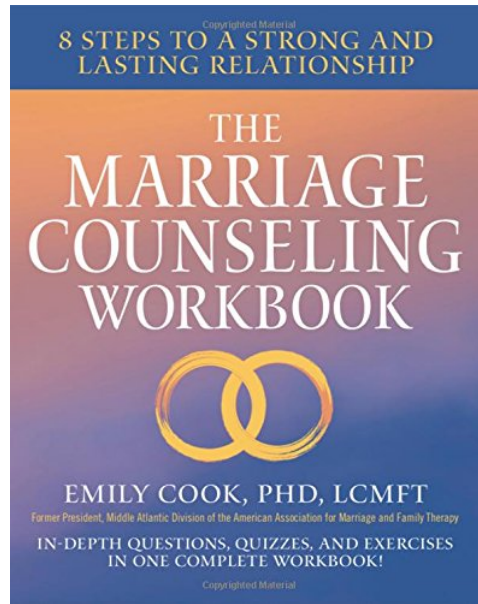


## [Free PDF File] The Marriage Counseling Workbook: 8 Steps to a Strong and Lasting Relationship



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With exercises and examples from real-life marriage counseling sessions?The Marriage Counseling Workbook will reconstruct how you and your spouse think about, communicate with, and show love for one another.Many people want stronger marriages?but few know how to create them. This dilemma is at the crux of Dr. Emily Cooks marriage counseling work. In her private practice, Dr. Cook helps couples pinpoint the cause of their troubles and recreate a deep, lasting connection. Whether youre newly married or have been married for years, The Marriage Counseling Workbook offers step-by-step marriage counseling exercises for learning to talk about the tough issues and build ongoing skills for healthy communication.The Marriage Counseling Workbook provides the tools and support you need to achieve a stronger, healthier marriage. In The Marriage Counseling Workbook you will find:Descriptions of the most common marital challenges?communication, money, intimacy, anger, and conflict?offering insight into your own struggles Real-world questions and evaluations to help you gain a deeper understanding of one anotherAn 8-step structure with exercises that will teach you to work through problems and find solutionsMarriage counseling requires a commitment to your relationship?and to the marriage counseling itself. Like your very own marriage counseling specialist, The Marriage Counseling Workbook will be with you every step of the way as you commit to restoring the health and happiness of your marriage.

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