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THE NEW COUPLES' STUDY GUIDE

# GETTING THE LOVE YOU WANT



## WORKBOOK

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with more than 14 million copies sold, Getting the Love You Want*

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## Getting the Love You Want Workbook: The New Couples' Study Guide



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A companion workbook to the enormously successful NY Times bestselling relationship reserve, *Getting the Love You Want: HELPFUL INFORMATION for Couples*. Because of their component, Doctors Hendrix and Hunt were able to aid ratings of couples within their plight for even more loving, supportive, and deeply satisfying human relationships. Included are total step-by-step guidelines for transforming relationships right into a lasting source of love and companionship. In 1988, Harville Hendrix together with his wife, Helen LaKelly Hunt, released a terrifically fruitful relationship guide, *Getting the Love You Want*. Now, greater than a decade afterwards, this companion book accumulates where its predecessor left off, delving additional into relationship therapy once again, to greatly help transform romantic relationships into lasting sources of love and companionship. For those of us struggling to maintain our most precious interactions, the *Getting the Love You Want Workbook* helps us grow aware of our person, unconscious agenda while steering us towards a more harmonious link with this loved ones which will satisfy our deepest requirements. The workbook contains a unique twelve-week course (THE BRAND NEW Couples' Study Guide) made to help sort out the exercises published partly III of *Getting the Love You Want*. The book introduced thousands with their Imago Relationship Therapy, a unique healing up process for couples, prospective lovers, and parents, and developed into an overnight sensation. The *Getting the Love You Want Workbook* is made for the hundreds of thousands of couples who have attended Imago workshops since *Getting the Love You Want* hit bookstands, in addition to new and curious types seeking a practical route back to intimacy and passionate friendship.



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Must read for those in a relationship I rarely write reviews but felt compelled to write one about this book. I'm grateful. My wife and I have been struggling in our marriage for years and no matter what I do (or she will), we always seem to fall back on a single older patterns of behavior that don't appear to function. Falling out of love has been a very painful encounter indeed. I have read this slowly because I feel like it is normally a mirror of the proceedings inside me, and in addition takes you back again to allll those offer breaker scenarios that makes you single or has sabotaged your relationship. Highly Recommended for Couples I purchased this book because we were going through a rough patch. Nobody goes into marriage thinking they are going get divorced some time, but the figures are grim. recommendations; That means roughly only 11 in 20 couples end up building a enduring and fulfilling relationship which will last an eternity. Are we expecting an excessive amount of marriage? It gives you the most of what is possible for love, but it addittionally is painfully raw. The book continues on to illustrate that people chose our partners for very specific reasons that few of us are even alert to. Out of a large number of potential partners we are drawn to some individuals that subconsciously meet extremely specific character and personality traits." He gets very specific, with a couples quiz that may however be taken by one partner alone; let your partner know you have noticed them; But don't anticipate it to be easygoing at all. I realize given that marriage takes a lot of effort and commitment each day to make and stay successful. AMAZING This book is AMAZING. Some of the references are a small dated, plus some of the sample stories are a little cheesy, but overall, I think that the material is applicable, and can completely be beneficially to reinforce your marriage if you apply the suggested principles and commit to change. I dread it may be too past due for my own relationship but once you complete this catharsis, I really do believe you might actually come out with a happier and even more fulfilling romantic relationship on the other end. Regardless, We implore you to read this book. It might save you your marriage or romantic relationship before it's too past due, but even if it generally does not, it might make you a better person, it'll certainly assist you to build more meaningful interactions with other people and give you a better chance at building long lasting and even more meaningful future relationships. Good luck to all of you that require this book. Read this book The best single relationship book I've ever read. I was so impressed by it that I've used it in a number of classes. I extremely suggest this book. Reading this book opened my eye to so much about romantic relationships that I didn't understand. Even he appreciated it and he HATES reading. In a way, most of us marry into our complications, the very items that attract us to our partners, become the exact same issues that travel a wedge between us. suggestions; Roughly fifty percent of all marriages end up in divorce and of the remaining marriages probably 9 out of 10 couples sooner or later end up leading parallel lives where they try to find happiness and fulfillment beyond the relationship with their partner. and--exercises. Anyone who puts in also half the requested work will end up, at the minimum, knowing a good deal more about his / her partner. It generally does not even have to do with anything about getting in a couple so much as discovering yourself and your intimate and non-passionate past, and where your behaviors and subconscious wants and needs are coming from. Deliberately aimed at a popular audience, the writing may also be as well simplified. There are links and connections that can be inferred, but that aren't spelled out in the reserve. And HH's optimistic strategies are not more likely to function for the deeply disturbed or traumatized specific, simply because the degree of change needed is too great. The author uses small to no in fact data to aid the "facts" he claims based off his very own opinions and conclusions. Our Ego is What

Hinders Us Great book on improving communication to better all of your relationships, romantic, familial, and work. The main element points are to pay attention, truly listen, without judgement; The book is very practical too in that offers specific exercises and guidelines for couples on how best to interact with each other. This is clarified by the overuse of "I" statements throughout the book - "I concluded," "I decided," "I believe," etc. Painfully truthful. It's a love hate relationship. Few of us would undertake an endeavor understanding there is only a 5% of succeeding, however we do it anyhow. If you dare yourself to read it, evaluate it, and implement it within your own existence. The situations described in the book were very, very recognizable to me and at times I felt it explained it explained me and my very own feelings exactly. It helps you to see what may come up and how to work through problems as they arise. Hendrix considers that people fall in love with individuals who our unconscious minds tell us might help us total our unfinished business from childhood. Extremely outdated and unfounded. This book is extremely outdated and unfounded. Some good points, but nothing new. We was anticipating more, which might be why I was disappointed. I think what I learned here can help a lot. CAN NOT WORK For NPD Partners (They Are "Perfect" Already) This is a remarkably insightful book that's filled up with great exercises that work to bring you and your partner together. May be used in many interpersonal arenas...it probably will not function for those couples because the NPD will always have too many requirements for the Non-NPD to meet up, despite their attempts and the Non-NPD will never get ANY of their needs met, as the NPD views them while an inanimate appliance, not as a living, breathing human being or, Heaven forbid, an equal. If your partner is an emotionally healthful, logical, sane person, like the majority of of the populace, though, this book will be a tremendous source for you. It will even assist you to see what went incorrect in your past relationships and boost your own self-recognition. Heck, my hubby that hates to read picked the publication up while we had been camping and BROWSE THE WHOLE THING! You must make it a high priority in your life and take nothing at all for granted. The book is not perfect. HIGHLY recommend. Definitely! I like that this book Includes a lot of quizzes and activities for couples to work on either jointly or separately. Be prepared to do a large amount of soul searching, be prepared to relive some gut wrenching and unpleasant experiences from the past, be willing to understand and undo the conditioned automated responses you have generally used, anticipate to end up being brutally honest to yourself and your spouse. Just how I figure it, marriage books are much cheaper than marriage counseling, therefore would I buy again? Good workbook we bought both the workbook and the guidebook separately and they seem to have a whole lot of overlap. Insight is great but change is way better, I examine that somewhere today. Wish I had read this book years back. This book isn't just excellent for couples, but for anyone trying to communicate with others effectively and with compassion. I was actually unfortunate when I was done with it bc I felt like I just reached the end of the iceberg and there was so much more to learn and think about. Life changing If my marriage survives, it'll only be because of the insights and empathy I gained by reading this book. It had been loaned if you ask me by my therapist. helpful Helpful advice. The just caveat I could see right here is for those who are functioning with somebody with Narcissistic Character Disorder. Also, the stories he uses to back again up his claims are unconvincing at best. A great book to read while engaged or newly married. It's makes you cry at times because of the later. Browse this book, also if it is simply for the realization you are not by yourself in your struggles to create something out of your marriage. I was seeking answers to figure out why we continue to fall in to the same patterns and cycles. He clarifies why opposites attract -- and why those

differences after that begin to drive us crazy. It sucked me in and kept me from attempting to put it down or finish it. It helps you delve into why you (and your partner) are the method you are, and how exactly to sort out impasses in your childhood which might be negatively inside your behaviors towards yourself and others. I treasured this book so much I bought the workbook later and we began to focus on it as a couple. Excellent! By the middle of the book, you will be ready to despair--but then he devotes the next half to the solution, the "conscious relationship. This book is a MUST READ for all lovers! Informative and thought provoking I am single but experienced some problematic relationships in the past and I've been trying to raised myself and cope with any of my personal issues in order to have a far more successful relationship in the future. Conspire to make your relationship possible, and maintain it by living this publication. It's hard\* and painful to learn.I give this book to every few I know, straight or gay, who are receiving married. and do not let your very own ego get in the way of enhancing or enabling a positive, open up, honest, genuine, meaningful romantic relationship. Took me permanently to finish this book But I really like how everything is broken down in easy to understand format.



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