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Taming Marital Arguments: Breaking Out of the T.R.A.P. (Paperback)

By Robert P. Rugel

Loving Healing Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What happened since the honeymoon? Are you mad at your partner all the time? Do you feel like your partner is selfish? Do innocent conversations suddenly escalate into arguments? Does your partner misinterpret what you say? Do you feel emotionally distant from your partner? If you answered YES to any of the above questions, this book was written for you! For more than 40 years, Dr. Rugel has observed how quickly spouses feel disregarded in marriage and respond in a manner that upsets the partner. Their tranquil interactions then spiral into an unpleasant argument or into emotional distancing. Based on concepts from family systems theory, Dr. Rugel guides the reader through the process of recognizing and avoiding these destructive patterns, thus helping to bring the relationship back to harmony. In this book you will: Learn why spouses get stuck in repetitive, useless arguments. Explore why your partner might perceive you as the enemy. Discover the behaviors that commonly threaten our partners. Determine what you need to work on to improve your marriage. Conquer your own defensive/self-protective tendencies. Recover the friend...



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