



Making Intimate Connections: 7 Guidelines for Great Relationships and Better Communication

By Albert Ellis

Impact Publishers. Paperback. Book Condition: New. Paperback. 149 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. This is the first book to apply Dr. Ellis famous Rational Emotive Behavior Therapy principles to intimate relationships. The seven guidelines for better couple communication offered in this user-friendly guide emphasize non-blaming acceptance, integrity, mutual support, appreciation, replacing irrational ideas and expectations with realistic attitudes. Dozens of real-life couple vignettes show readers how they can readily learn and implement the seven guidelines in their own lives. Dr. Ellis realistic, objective perspective provides practical and authoritative guidance couples can use to improve their relationships -- no pie-in-the-sky solutions. MAKING INTIMATE CONNECTIONS is an effective resource for couples seeking greater closeness, intimate partners who are willing to make unilateral changes, marriage and family therapists -- a breakthrough relationship guide from the father of rational therapy. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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