

Overcoming Relationship Problems - Michael Crowe

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Internationally respected marital therapist Dr Michael Crowe has used his tried-and-tested clinical techniques to develop this new self-help guide dealing with common difficulties in close relationships. From financial pressures to sexual problems, issues surrounding fidelity to the raising of children and blended families, his programme, based on proven CBT methods, will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome. How to:- - Sustain a long-term relationship - Develop more effective communication skills - Deal with sexual problems - Cope with jealousy - Develop negotiation skills

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