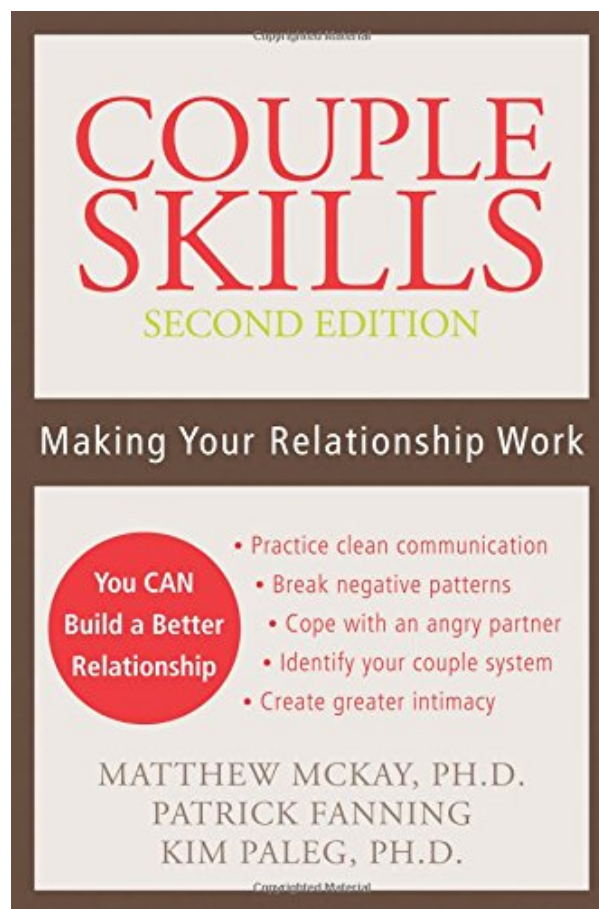


**COUPLE SKILLS: MAKING YOUR
RELATIONSHIP WORK BY MATTHEW
MCKAY PHD, PATRICK FANNING, KIM
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COUPLE SKILLS

SECOND EDITION

Making Your Relationship Work

You CAN
Build a Better
Relationship

- Practice clean communication
- Break negative patterns
- Cope with an angry partner
- Identify your couple system
- Create greater intimacy

MATTHEW MCKAY, PH.D.
PATRICK FANNING
KIM PALEG, PH.D.

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Review

From the Publisher

This revised and expanded edition of the classic relationship-skills book offers couples a comprehensive approach to better communication, greater intimacy, and deeper commitment. The new edition includes way to use acceptance and commitment therapy (ACT) principles for better conflict management.

About the Author

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. He has also penned two novels: *Us* and *Wawona Hotel*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

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COUPLE SKILLS: MAKING YOUR RELATIONSHIP WORK BY MATTHEW MCKAY PHD, PATRICK FANNING, KIM PALEG PHD PDF

Love takes work, but, when it comes to relationships, it pays to work smarter. *Couple Skills, Second Edition*, revised and updated from the therapist-recommended classic, will show you how to work smarter in your relationship. You'll learn to improve communication, cope better with problems, and resolve conflicts with the one you love in healthy and creative ways. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy.

New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

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- Dimensions: 8.90" h x .80" w x 6.00" l, .97 pounds
- Binding: Paperback
- 328 pages

Features

- *Couple Skills: Making Your Relationship Work*

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9 of 9 people found the following review helpful.

it is truly teaching you the skill to be a good oartner

By Korikori

I haven't finished the book. However, reading first chapter already made me feel confident this is a great book.

It helps you realize what your problem is and actually giving you the solution. It is truly teaching you a skill how to be a good partner. Which many people, including myself, is lacking due to upbringing, personally, etc. it's helpful and very practical!

5 of 5 people found the following review helpful.

Awesome read, whether you are in a relationship already or looking for one!!

By Mary Elizabeth Anderson

I have read a lot of books on couple skills. I find this one to be helpful in everyday life communication with others and a path to understanding why I do what I do. I think this is far more than a book for couples navigating the ups and downs of a partnership. This book has helped me grow as an individual.

2 of 2 people found the following review helpful.

pretty darn good book

By Brian

pretty darn good book. provides some amazing insights on how to properly give and receive communications. I had no idea how to comprehend my problems but now I am in so much better shape thanks to this book. Not everything applies to everyone, but the book will have something that will help most people. It gives templates for worksheets to do at home so you can write things out for analysis later on. I read the whole thing in one week and I am going back to commit the advice to memory.

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