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Reclaim Your Relationship: A Workbook of Exercises and Techniques to Help You Reconnect with Your Partner

By Ronald T. Potter-Efron

Wiley (TP). Paperback. Book Condition: New. Paperback. 240 pages. An interactive workbook to help couples reconnect. The simple phrase I love you is terribly important to people so what keeps so many of us from saying it? In *Reclaim Your Relationship*, Ron and Pat Potter-Efron, marriage therapists who have been married for 37 years, combine their real-life and clinical experience in this practical and accessible workbook designed to help individuals improve connections in their relationships with those they love. Presenting engaging, hands-on exercises, the authors help readers learn to say I love you to their partners with ease and genuine meaning, show their partner love through consistent acts of caring, and take in their partners' loving words and deeds without always demanding more. Ron Potter-Efron, MSW, PhD and Pat Potter-Efron, MS (Eau Claire, WI) are psychotherapists in private practice. They are the authors of *Letting Go of Anger* (1-572-24001-6) and *Letting Go of Shame* (0-894-86635-4). This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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