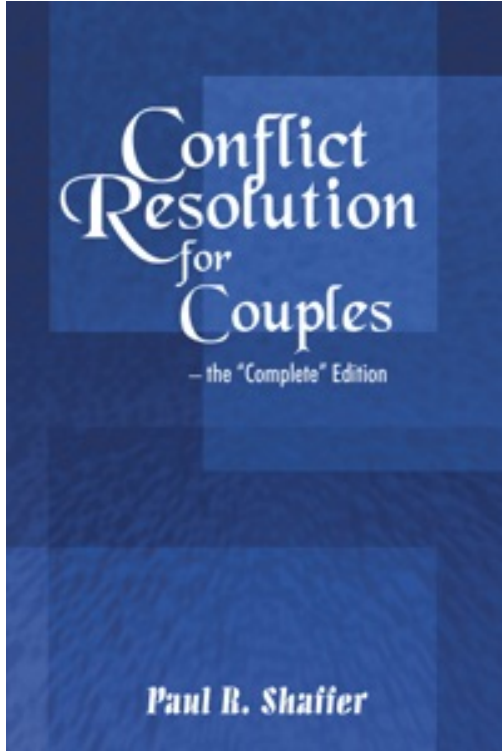


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# Conflict Resolution For Couples Download Online eBook Paul R. Shaffer Download Ebooks [EN] PDF, EPub, Mobi



**Conflict Resolution For Couples Download Online eBook Paul R. Shaffer Free eBook PDF/ePub/Mobi/Mp3/Txt,** "Conflict Resolution for Couples - the Final Edit" is written in a comprehensive, easy-to-understand, and logical progression that leads the reader through the different aspects of developing and maintaining a healthy relationship. The book consists of four parts. Part I is about "Establishing a Foundation" for the relationship: the basics of mental health, identifying thought distortions, differentiating personality type from relationship roles, understanding needs and restoring healthy boundaries. Part II is concerning "Tools for Resolution". It presents a model for managing conflict and itemizes 26 tools for identifying, validating, processing and resolving issues. Part III discusses "Strategies for Change". It focuses on assessing lack of change, initiating and maintaining change, a personal model for change, and healthy routines to support lasting change. Finally, Part IV addresses "Specialized Populations": dating relationships, recovery and safe-guarding from affairs, considering or coping with

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