

## Couple Skills Making Your Relationship Work Matthew Mckay

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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.

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On Making - Relationship Advice for Men

One of the most frequently focused on area in couples therapy is communication skills. Regardless of your age or the length of your relationship, being able to engage in effective discussions with...

10 Steps to Effective Couples Communication | Psychology Today

1) PARTNER COMMUNICATION SKILLS SCALE helps each individual explore the effectiveness of existing personal interactions. 2) PARTNER PERSONALITY SCALE helps each individual better understand personal personality characteristics as compared to those of partner. 3) RELATIONSHIP NEEDS SCALE helps each individual identify and explore personal

### The Personal and Intimate Relationship Skills Workbook

Couple Skills will teach you the secrets of creating a strong, loving, committed relationship through communication skills that every long-standing couple has learned over time. You ' ll get all the tips and step-by-step instruction needed to see nearly immediate improvements in communicating the needs and desires of you and your partner.

### Couple Skills: 25 skills to build deeper connections for ...

Main Couple Skills: Making Your Relationship Work. Couple Skills: Making Your Relationship Work Matthew McKay, Patrick Fanning, Kim Paleg. We love this book! It has saved our relationship! I recommend this to any couple that is going thru a rut. it has excellent communication exercises that can be put into play immediately for lasting results.

### Couple Skills: Making Your Relationship Work | Matthew ...

As stated in this excellent book, "...(A)ssertive behavior allows you to stand up for your rights, express personal likes and dislikes, accept compliments comfortably, disagree with someone openly, and say no." Couple Skills can help strengthen, improve or rescue your relationship.

### Amazon.com: Customer reviews: Couple Skills: Making Your ...

Like making time for intimate conversations with your spouse. Or making sure you use clarity in your communications. From REALLY listening to each other, to making sure the other feels appreciated, this book will make you think about things that maybe you've been taking for granted. Read more.

### Amazon.com: Couple Skills: 25 skills to build deeper ...

"Couple Skills: Making Your Relationship Work" By Matthew McKay PhD and Patrick Fanning This book will demonstrate how to work effectively in your relationship. Some skills focused on are: improved communication, coping with problems, and resolving conflicts in healthier ways.

### 10 Books for a Healthy Relationship Every Couple Should ...

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.

### Couple Skills: Making Your Relationship Work / Edition 2 ...

Couple Skills: Making Your Relationship Work: McKay PhD, Matthew, Fanning, Patrick, Paleg PhD, Kim: 9781572244818: Books - Amazon.ca

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