



# Relationship Transformation: Have Your Cake and Eat It Too

*Jerry Duberstein, Mary Ellen Goggin*

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**Relationship Transformation: Have Your Cake and Eat It Too** Jerry Duberstein, Mary Ellen Goggin  
*Relationship Transformation* is a direct path to the most important discovery you can make: a **new view of relationship** as a **bond** between two people who are **free, whole, and connected**. **Mining the gold** from **Dr. Jerry Duberstein's forty years as a therapist**, Jerry and Mary Ellen Goggin show readers **how to honor their separate selves** while **building joyful lifelong relationships**. With clear instruction, **case studies**, and guided reflections, the authors help you understand **how you got where you are now** and **what you can do to strengthen** your relationship. You get **front-row access** to the **interior lives of couples**-their pain and struggle, their conflicting emotions and desires, and their courage to work things out. **Step by step**, *Relationship Transformation* shows you how to gain awareness of **what drives you**, what holds you back, and gives you **life-long tools** to help you **re-envision your relationship** and move forward to **fulfilling** and **lasting** love.

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