



Making Intimate Connections: Seven Guidelines for Great Relationships and Better Communication (Rebuilding Books)

Albert Ellis PhD, Ted Crawford

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This is the first book to apply Dr. Ellis's famous "Rational Emotive Behavior Therapy" principles to intimate relationships. The seven guidelines for better couple communication offered in this user-friendly guide emphasize non-blaming acceptance, integrity, mutual support, appreciation, replacing irrational ideas and expectations with realistic attitudes. Dozens of real-life couple vignettes show readers how they can readily learn and implement the seven guidelines in their own lives.

Dr. Ellis's realistic, objective perspective provides practical and authoritative guidance couples can use to improve their relationships -- no "pie-in-the-sky" solutions. *Making Intimate Connections* is an effective resource for couples seeking greater closeness, intimate partners who are willing to make "unilateral" changes, marriage and family therapists -- a breakthrough relationship guide from the father of rational therapy.



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