



# Getting the Love You Want: A Guide for Couples

By Harville Hendrix

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**Getting the Love You Want: A Guide for Couples** By Harville Hendrix

**The bestselling guide to transforming an intimate relationship into a lasting source of love and companionship, in an all new production of the revised and updated text?on CD for the first time**

In *Getting the Love You Want*, Dr. Harville Hendrix presents the relationship skills that have already helped hundreds of thousands of couples to replace confrontation and criticism with a healing process of mutual growth and support. This extraordinarily practical guide describes the revolutionary technique of IMAGO Relationship Therapy, which combines a number of disciplines?including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, among others?to create a program to resolve conflict and renew communication and passion.

Dr. Hendrix describes the three stages of intimate relationships, provides illustrative case studies and gives recommendations to help couples create a stronger bond between them. Step by step, he offers advice on how to communicate with greater accuracy and sensitivity, how to let go of self-defeating behaviors, and how to focus energy on meeting each partner's needs. With *Getting the Love You Want*, couples in any stage of a relationship can resolve their conflicts and achieve mutual emotional satisfaction.

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