



Couple Skills: Making Your Relationship Work

By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD

Download now

Read Online 

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD

Love takes work, but, when it comes to relationships, it pays to work smarter. **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. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy.

New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

 [Download Couple Skills: Making Your Relationship Work ...pdf](#)

 [Read Online Couple Skills: Making Your Relationship Work ...pdf](#)

Couple Skills: Making Your Relationship Work

By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD

Love takes work, but, when it comes to relationships, it pays to work smarter. **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. Each chapter teaches you an essential skill that supports greater relationship satisfaction and deeper intimacy.

New to this edition is a chapter on using acceptance skills, developed from the revolutionary new acceptance and commitment therapy (ACT). These new approaches will help you to accept your partner's feelings (and your own emotions) without judgment. Using these techniques will help you decide what you really value in your relationship and then commit to acting in ways that further those values every day.

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD **Bibliography**

- Sales Rank: #11124 in Books
- Published on: 2006-12-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .80" w x 6.00" l, .97 pounds
- Binding: Paperback
- 328 pages

 [Download Couple Skills: Making Your Relationship Work ...pdf](#)

 [Read Online Couple Skills: Making Your Relationship Work ...pdf](#)

Download and Read Free Online Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD

Editorial Review

Review

From the Publisher

This revised and expanded edition of the classic relationship-skills book offers couples a comprehensive approach to better communication, greater intimacy, and deeper commitment. The new edition includes ways to use acceptance and commitment therapy (ACT) principles for better conflict management.

About the Author

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, *Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

Patrick Fanning is a professional writer in the mental health field, and founder of a men's support group in Northern California. He has authored and coauthored eight self-help books, including *Self-Esteem*, *Thoughts and Feelings*, *Couple Skills*, and *Mind and Emotions*.

Kim Paleg, PhD, is a clinical psychologist in private practice in San Francisco and El Sobrante, CA. She is on the faculty of John F. Kennedy University. She is a contributing author to the self-help classic **When Anger Hurts** and coedited the widely used professional book **Focal Group Psychotherapy**. She specializes in couples and family therapy and conducts workshops on parenting.

Users Review

From reader reviews:

Jessica Bradsher:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a go walking, shopping, or went to typically the Mall. How about open or read a book titled Couple Skills: Making Your Relationship Work? Maybe it is to become best activity for you. You recognize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it is opinion or you have different opinion?

Alberto Benson:

In this 21st centuries, people become competitive in every single way. By being competitive right now,

people have do something to make them survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that at times many people have underestimated it for a while is reading. Yes, by reading a publication your ability to survive enhance then having chance to endure than other is high. For you who want to start reading a new book, we give you this kind of Couple Skills: Making Your Relationship Work book as starter and daily reading guide. Why, because this book is usually more than just a book.

Randall Hernandez:

Your reading sixth sense will not betray a person, why because this Couple Skills: Making Your Relationship Work reserve written by well-known writer whose to say well how to make book that could be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your current hunger then you still hesitation Couple Skills: Making Your Relationship Work as good book but not only by the cover but also through the content. This is one e-book that can break don't ascertain book by its include, so do you still needing one more sixth sense to pick this specific!? Oh come on your studying sixth sense already alerted you so why you have to listening to another sixth sense.

Emma Peterson:

As we know that book is significant thing to add our understanding for everything. By a book we can know everything we want. A book is a range of written, printed, illustrated or perhaps blank sheet. Every year ended up being exactly added. This e-book Couple Skills: Making Your Relationship Work was filled about science. Spend your extra time to add your knowledge about your research competence. Some people has different feel when they reading a new book. If you know how big benefit of a book, you can feel enjoy to read a book. In the modern era like at this point, many ways to get book that you just wanted.

Download and Read Online Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD #YCO7BPHAJRQ

Read Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD for online ebook

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD books to read online.

Online Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD ebook PDF download

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD Doc

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD MobiPocket

Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD EPub

YCO7BPHAJRQ: Couple Skills: Making Your Relationship Work By Matthew McKay PhD, Patrick Fanning, Kim Paleg PhD