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An Emotionally Focused Workbook for Couples

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The Seven Principles for Making Marriage Work

American Couples

Exceptional Relationships

Power Couple Habits

The 5 Love Languages

Getting the Love You Want

Bewitched, Bothered and Bewildered

The Five Core Conversations for Couples

Drop the Ball

Couples at Work

Couples That Work

Lean In

Couples That Work How To Thrive In Love And At Wor

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LEBLANC CHAVEZ

Fair Play Artisan

An authoritative study of contemporary American couples--married, living together, and homosexual--addresses diverse issues involved in their work, money, and sexual and emotional relationships.

Couples That Work Penguin UK

The idea that partners in committed relationships elicit strong reactions in each other is self evident. That these passions are often overlooked in the therapy room is equally a reality. In this ground-breaking book, you will discover an innovative system for helping couples discover all of who they are. The Gleasons ask you to reconsider what it means to trust your intuition, make room for strong energies, work with the body, bring sexuality into the therapy room, and to elicit full emotional expression. Here you will learn to welcome the passionate, erotic, chaotic truths that are often kept under wraps in the therapy room. Exceptional Couples: Transformation Through Embodied Couples Work synthesizes modern developmental theories with the wisdom of somatic psychotherapy and reveals how "embodying" is fundamental to helping couples break their patterns of vitality destroying habits of interacting. The Gleasons invite you on a journey of the highest magnitude where couples can come fully alive. They generously open the door to their practice room, sharing in-depth case examples and effective strategies they've developed over the course of their careers. They ask you to come along with them and live in the mystery of yet-to-be discovered places in every relationship. The Gleasons met in in 1976 in clinical social work graduate school. They have devoted their lives to exploring how couples, including themselves, can have exceptional (beyond the ordinary) relationships.

www.exceptionalmarriage.com

Moody Publishers

Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come. Following the format

of Anni Daulter's popular Sacred Series books, it is beautifully designed and illustrated, with chapters focusing on thirty-two weeks—each with meditations and exercises on topics that couples are likely to encounter on their journey together. Husband-and-wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together, and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a practice of personal reflection and soul nourishment. As anyone in a long-term relationship knows, the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention. Sacred Relationship shows how intentional love brings more happiness, deeper joy, and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth. The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship. Parents will find solace in topics that shed light on maintaining loving relationships, sex, and passion once children join the family. Busy couples who want to discover more about themselves and each other, find soulful solutions to everyday issues, and nourish a healthy and happy relationship year after year will find an invaluable resource in this book.

Entrepreneurial Couples New Harbinger Publications

"One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the "why" behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship. Dr. John Gottman, the country's pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of exploration have earned him numerous major awards, including from the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the

heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple's loyalty level. The results determine a relationship's likely future, including the potential for one or both partners to stray. A Love You Can Trust shows couples how to bolster their trust level and avoid what Dr. Gottman calls the "Roach Motel for Lovers." He describes how the outcome of—"sliding door moments," small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. A Love You Can Trust guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship"--

Young House Love Claire Love Publishing

The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

Love Or Work Penguin

The research is in: modern couples want to have it all. The harm that comes from prioritizing one important thing over another is

clear, so why do most modern couples still do it? What is the secret to living at peak fulfillment in every area that matters? The popular podcast hosts and founders of Plywood People, André and Jeff Shinabarger, synthesize their national research, personal insights, and the responses of over one hundred influential couples to cast a new and compelling vision for the modern working family. Book jacket.

Keeping Love Alive Flatiron Books

Learn to think like a couple's therapist. Relationships take work. This book will show you how to resolve conflict, improve communication, connect and grow love in a healthy way. This workbook is intended for struggling couples who want to enhance their relationship. The covers common marriage areas that include: communication, intimacy and sex, honesty, and more.

The Five Love Languages North Atlantic Books

This book has been replaced by *Getting Past the Affair*, Second Edition, ISBN 978-1-4625-4748-7.

What Makes Love Last? Guilford Press

The #1 international best seller *Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to "sit at the table," seek challenges, take risks, and pursue their goals with gusto. *Lean In* continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, *Lean In* is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Doing Couple Therapy, First Edition Routledge

Couples That Work Harvard Business Press

Ask a Manager Little, Brown Spark

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

How to Make Your Long-Distance Relationship Work and Flourish

New York : Morrow

I know of no better guide for couples who genuinely desire a maturing relationship. M. Scott Peck, author of *The Road Less Traveled* A remarkable book the most incisive and persuasive I have ever read on the knotty problems of marriage relationships. Ann Roberts, former president, Rockefeller Family Fund

An Emotionally Focused Workbook for Couples Knopf

This New York Times bestselling book is filled with hundreds of fun, deceptively simple, budget-friendly ideas for sprucing up your home. With two home renovations under their (tool) belts

and millions of hits per month on their blog YoungHouseLove.com, Sherry and John Petersik are home-improvement enthusiasts primed to pass on a slew of projects, tricks, and techniques to do-it-yourselfers of all levels. Packed with 243 tips and ideas—both classic and unexpected—and more than 400 photographs and illustrations, this is a book that readers will return to again and again for the creative projects and easy-to-follow instructions in the relatable voice the Petersiks are known for. Learn to trick out a thrift-store mirror, spice up plain old roller shades, "hack" your Ikea table to create three distinct looks, and so much more.

Couples That Work Routledge

A Top Divorce Lawyer and a Family Therapist Show You How to Really Talk—for Better or for Worse Married for 33 years, David, a divorce lawyer, and Julie, a family therapist, have both been witness to families struggling with life's most difficult challenges. At the same time, they have weathered their own challenges at home: raising four daughters, two biological and two adopted, and dealing with one child's mental health and behavioral issues. What they've learned about saving a marriage or knowing when to call it quits, when to turn to professionals or when to try tough love, could fill a book—and it does. *The Five Core Conversations for Couples* tackles every corner of relationships with the wisdom, knowledge, and best advice culled from David and Julie's unique personal and professional experiences, organized topically into the five core reasons that people come to their offices. Topics include: Disability Abuse Serious illness Estrangement And much, much more Take a look inside the hearts and minds of two marriage professionals to gain a fresh perspective into your own relationships and to have valuable and more frequent conversations with those you love.

Getting Past the Affair Penguin

Are you looking for a way to transform your health and upgrade your performance at work and at home? Do you need to boost your energy or brainpower to become your best self? This action-inspiring book will show you where to start with sustainable habits that will recharge your health, your career, and your marriage. In *Power Couple Habits* you will find: Our top 5 ways to upgrade your nutrition, sleep, stress, purpose, and relationship. The 2 secrets to making healthy changes easier and more sustainable. How a circadian reset can help you lose weight, sleep better, and

have more energy. Real-life stories of individuals and couples who have overcome obstacles to achieve incredible goals in physical, mental, and spiritual health. Practical tips based on cutting-edge medical research. Genes only contribute to 10% of your risk for chronic disease. The other 90% is based on your lifestyle and environment-making healthy habits absolutely critical if you want to live your best life right now and into retirement. In his private lifestyle-based family medicine practice, Dr. Scott Noorda started to see a clear pattern in patients with the best outcomes. Couples who worked to become healthier together were far more successful than patients who tried on their own. Dr. Scott Noorda and Amy Noorda share success habits that they have observed in high-achieving couples all over the country and teach you the easiest way to make healthy choices sustainable. Dr. Noorda's writing is informed by his extensive training in neuroscience, nutrition, and functional medicine, as well as his experience working with patients sidetracked by chronic health issues. This book is full of real-life examples of individuals overcoming obstacles by changing their habits and it tackles self-improvement from a family-based, Christian perspective.

Sacred Relationship Harmony

Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a

consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

Couple's Workbook Ballantine Books

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.

You and Me Forever: Marriage in Light of Eternity

Routledge

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are two-career couples. As anyone who's part of such a relationship knows, this presents big challenges. Yet most advice for two-career couples fails because it treats the challenges as a zero-sum game in which one partner's gain is the other's loss. This pits partner against partner and frames solutions in the language of sacrifice and trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri shifts away from conventional, one-size-fits-all solutions for two-career couples and instead focuses on how couples can tackle and resolve the challenges they will face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how couples must navigate these together in order to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in

ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project including interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to two-career grandparents--*Couples That Work* is filled with vivid real-life stories as well as keen analytical insights. There are also engaging exercises and activities designed to help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Glass Ceilings and 100-hour Couples Simon and Schuster

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others--freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others--only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

Couples by Intention Penguin

AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your

partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She

needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize

what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

Best Sellers - Books :

- [Beyond The Story: 10-year Record Of Bts](#)
- [Beyond The Story: 10-year Record Of Bts By Bts](#)
- [The Psychology Of Money: Timeless Lessons On Wealth, Greed, And Happiness By Morgan Housel](#)
- [8 Rules Of Love: How To Find It, Keep It, And Let It Go By Jay Shetty](#)
- [The Woman In Me](#)
- [The Untethered Soul: The Journey Beyond Yourself](#)
- [Iron Flame \(the Empyrean, 2\)](#)
- [Daisy Jones & The Six: A Novel](#)
- [A Court Of Silver Flames \(a Court Of Thorns And Roses, 5\)](#)
- [The Psychology Of Money: Timeless Lessons On Wealth, Greed, And Happiness](#)