Author of the #1 NEW YORK TIMES Bestseller LIFE STRATEGIES

PHILLIP C. MCGRAW, PH.D.

RELATIONSHIP RESCUE

A Seven-Step Strategy for Reconnecting with Your Partner

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Relationship Rescue A Seven Step Strategy For Reconnecting With Your Partner

Phillip C. McGraw

Relationship Rescue A Seven Step Strategy For Reconnecting With Your Partner:

Relationship Rescue Phillip C. McGraw, 2001-09-01 As a follow up to his bestselling book Life Strategies Oprah acolyte Phillip C McGraw Ph D moves from aiding the aimless individual to coaching the disconnected couple McGraw has distilled his more than two decades of counseling experience into a seven step strategy he calls Relationship Rescue I m prepared to kick a hole in the wall of the pain ridden unhappy maze you ve gotten yourself into and provide you clear access to action oriented answers and instructions on what you must do to have what you want says Dr Phil His aim is to expose and eliminate the saboteurs that cause senseless damage to already fragile marriages and like an emotional root canal to replace them with values he says provide positive results If you follow Dr Phil s strategy he will lead you on a precise journey to uncover your heart and then share it with your partner as part of taking the risk of intimacy Dr Phil leads you to reconnect with your core in the first five steps of his seven step strategy By no means a quick fix there are in depth and rigorous questionnaires surveys tests and profiles that require a brutally candid mindset with such fill in the blanks as List five things that today would make you fall out of love with your partner With this internal work accomplished you ll then move on to reconnecting with your partner during a two week half hour a day short course As a dyad you and your loved one take turns giving monologues on topics such as The most positive thing I took away from my mother and father s relationship was Once the reconnection has been established Dr Phil says the work shifts to a management role as relationships are always a work in progress Dr Phil humorously refers to his own marriage throughout the book sharing his mishaps and victories in learning to accept and enjoy what he sees as fundamental but complementary differences between men and women John Youngs

Relationship Rescue Phillip C McGraw, Ph.D., 2001-01-01 The 1 self help book for 2000 USA Today is now available in paperback After successfully helping thousands of people take responsibility for their own actions Dr Phil McGraw turns his expertise to the primary area of concern troubling most people their relationships **Relationship Rescue** Phillip C.** McGraw, 2014-07-01 Explains ten of the most popular myths about what makes a good relationship and explains how to restore relationships and reconnect with loved ones through a series of exercises **Family First** Phil McGraw, 2013-01-29 Do you feel that your family is not what it used to be or what it has the potential to be Do you worry that the parenting decisions you re making today may be scarring your child for life Do you sometimes feel you are in a tug of war with the world over who will shape your child s values and beliefs With Family First Your Step by Step Plan for Creating a Phenomenal Family Dr Phil offers a new classic on family life and gives parents real answers and a plan for being the most positive and effective parents possible Starting right now you can begin to make realistic choices and take day to day actions that can make your family phenomenal You must decide that you will lead your family with strength and love and that peace and joy are not just for the people next door or on TV They re for your family In Family First Dr Phil gives it to parents straight even in this fast paced world your family should be the center of your life and your child s life Parenting is the most

important and noble act you will ever undertake yet American families are threatened like never before from the inside as well as the outside many of us fight too much don't get involved enough in our children's lives or get bogged down in life's daily struggles instead of keeping our eye on the big picture of our family s well being Dr Phil has been working with families for over twenty five years to help them repair the fissures that have fractured their home lives In Family First he provides a proven action plan to help parents determine the strengths and weaknesses of their parenting style His seven tools for purposeful parenting cover the most important elements for any parent parenting for success for the purpose of raising cooperative caring and competent children Exercises scripts assessments solutions for specific problems and precise directions for implementing the steps you need to take are all included in this landmark work Dr Phil shows parents how to make changes now how to put a stop to your children's tantrums talk to them about peer pressure or self esteem instill values like integrity honesty and respect for other people and bring order back to your house If you want your child to have a happy fulfilled life you must open your eyes to the crucial role you play in his or her development Most importantly Dr Phil s new book offers you and your family hope for a phenomenal home life now and a productive fulfilling future for your children As Dr Phil says you are not just raising children you are also raising adults and everything you do today impacts what kind of adult your child will become You are building the future Practically Perfect in Every Way Jennifer Niesslein, 2008-05-06 From Dr Phil to the Fly Lady A level headed laugh out loud tour of the loopy world of self help Ann Crittenden author of The Price of Motherhood and If You ve Raised Kids You Can Manage Anything Jennifer Niesslein has an okay life But dogged by a sense of dissatisfaction and a yearning for something she can t guite name she embarks on a two year experiment taking all manner of self help advice from housecleaning to marital to spiritual in an effort to become a better happier person What Niesslein learns is that the road to self help Nirvana is fraught with peril She also discovers that there is such a thing as the good life it s just a question of how perfect you have to be to get it The Road to Freedom John W. Morin, Jill S. Levenson, 2002 A workbook for sex offenders incorporating the latest developments in relapse prevention training It features the four path R P model and invites offenders in an easy to read style to examine their own approach to offending addressing the high risk factors that trigger and maintain that approach This book looks beyond the cognitive and behavioral linchpins of offending to the powerful emotional needs that energize deviant sex The authors believe that only by learning to meet these needs in healthy ways can offenders attain the positive reinforcements that lead to maintaining important lifestyle changes Newly added sections address the role of polygraphy in sex offender treatment and the role of the Internet in sexual compulsivity **The Happy Empty Nest** Linda Burghardt,2002 **Dr. Phil** Marv Main, 2007-07-01 Presents a biography of the psychologist and television personality known for his blunt practical advice ICOMM: Interpersonal Concepts and Competencies Roy Berko, Joan E. Aitken, Andrew Wolvin, 2010-02-16 ICOMM

Interpersonal Concepts and Competencies provides an integrated approach to the study of interpersonal communication This

accessibly written but authoritative text emphasizes the development of communication competencies including skills understanding of the theory and research that contextualizes the skills to make them relevant to learning and the motivation to put the skills into practice While incorporating many traditional intrapersonal and interpersonal topics found in current texts the book is distinctive in that it offers a skills based approach that is grounded in solid theory and research Students will find that the text is written in a personal and friendly manner stressing concepts skills and applications that should be an important part of their daily lives

Life Strategies Phillip C. McGraw,2001-08-01 Whether its a bad relationship a dead end career or a harmful habit Dr McGraw s 10 Life Laws will empower you to take responsibility for your own actions and break free from self destructive patterns Drawing upon more than fifteen years of experience Dr McGraw explores each of the 10 Life Laws necessary to succeed including People do what works Life rewards action Life is managed not cured There is freedom in forgiveness Filled with case studies checklists and strategies that will work for you Life Strategies will provide you with the skills you need

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