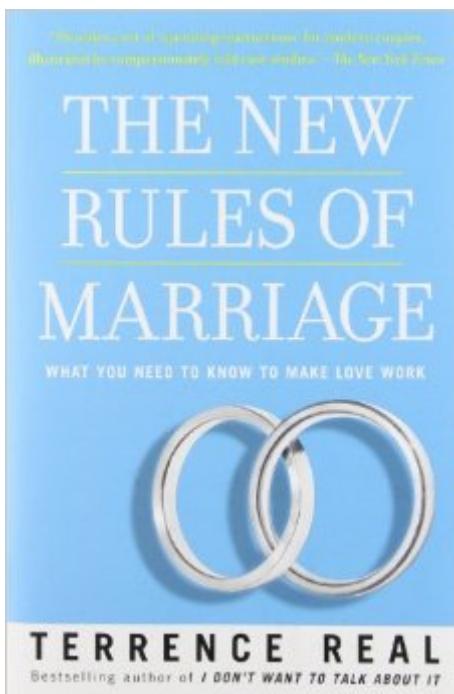


The book was found

The New Rules Of Marriage: What You Need To Know To Make Love Work



Synopsis

In his extraordinary new book, Terrence Real, distinguished therapist and bestselling author, presents a long overdue message that women need to hear: You aren't crazy "you're right! Women have changed in the last twenty-five years "they have become powerful, independent, self-confident, and happy. Yet many men remain irresponsible and emotionally detached. They don't know how to respond to frustrated partners who just want their mates to show up and grow up. Enter the good news: In this revolutionary book, Real shows women how to master the new rules of twenty-first-century marriage by offering them a set of effective tools with which they can create the truly intimate relationship that they desire and deserve. He identifies five non-starters to avoid and shares practical strategies for bringing honesty, passion, and joy back to even the most difficult relationship. Using his experience helping thousands of couples shift from despair to profound emotional closeness, Real guides you through the process of relationship repair with exercises that you can do alone or with your partner. With this program you'll discover how to - identify and articulate your wants and needs - listen well and respond generously - set limits, and stand up for yourself - embrace and appreciate what you have - know when to seek outside help. The New Rules of Marriage will introduce you to a radically new kind of relationship, one based on the idea that every woman has the power to transform her marriage, while men, given the right support, have it in them to rise to the occasion. We have never wanted so much from our relationships as we do today. More than any other generation, we yearn for our mates to be lifelong friends and lovers. The New Rules of Marriage shows us how to fulfill this courageous and uncompromising new vision. From the Hardcover edition.

Book Information

Paperback: 320 pages

Publisher: Ballantine Books; Reprint edition (January 29, 2008)

Language: English

ISBN-10: 0345480864

ISBN-13: 978-0345480866

Product Dimensions: 5.2 x 0.7 x 8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (99 customer reviews)

Best Sellers Rank: #9,643 in Books (See Top 100 in Books) #18 inÂ Books > Politics & Social

Sciences > Sociology > Marriage & Family #85 inÂ Books > Parenting & Relationships > Marriage

Customer Reviews

This is in most respects an excellent book, and certainly a very useful one. Real is an excellent writer, and has thought through couple's issues in a smart way, refreshingly different than many who have preceded him. He takes his good points almost too far at times, which -- in addition to some annoying self-hype -- is my reservation. In both this book, and in his prior "How Can I Get Through to You? Closing the Intimacy Gap Between Men and Women" (also excellent, similarly challenging) Real faces head-on the reality that many women come into couples work with fierce anger, maddeningly frustrated with trying to achieve true emotional intimacy - Real says 'relational intimacy' - with their man. His premise is that many women's responsibilities and aspirations have grown as part of the women's movement and their resulting, empowered roles, during decades when many men's roles and expectations have progressed less dramatically. As difficult as the tone of the anger and complaint, Real suggests the substance of women's satisfaction is right-on. He makes a good case for this, which will provide some much needed vindication for women readers. This book -- like its predecessor -- is full of composite examples of couples-therapy sessions where the woman's attitude sounds in complaint and anger. As a guy, this anger feels withering. The man presented in these composite examples typically sounds clueless, mystified, and deeply hurt by his mate's harsh anger. Both the anger and the instinctive male response are sincere, and is true to my own experience trying to get help in couples therapy.

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