



Getting the Love You Want: A Guide for Couples: 20th Anniversary Edition

By Harville Hendrix

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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.

In a new chapter and afterword, we learn the key ways in which Imago Therapy—now practiced by more than two thousand therapists worldwide—can be used to help couples eliminate all negativity from their daily interactions. This fundamental change has proven invaluable in couples' therapy, and the importance of eliminating negativity has been integrated throughout the text, allowing listeners of the 2008 edition to benefit from Dr. Hendrix's ongoing discoveries during his last two decades of work.

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