



The 72 Hour Rule: A Do-It-Yourself Couples Therapy Book

Margot Brown

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The 72 Hour Rule focuses on helping all couples and adult individuals who are in a relationship now or previously. This easy-to-use book provides step-by-step exercises to help couples improve their relationship by communicating more effectively. Covering a wide range of topics, this book examines: verbal abuse, sexual issues, addiction issues, domestic violence, mental illness, divorce, family dynamics, and affairs, to mention a few. This practical guide helps you find your way through a disconnected marriage or a volatile partnership. This book is a breakthrough for the millions of couples who need to go to couples therapy and won't or for those who have been to counseling and did not see results.

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Alfred Leahy:

Playing with family inside a park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love The 72 Hour Rule: A Do-It-Yourself Couples Therapy Book, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't obtain it, oh come on its known as reading friends.

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