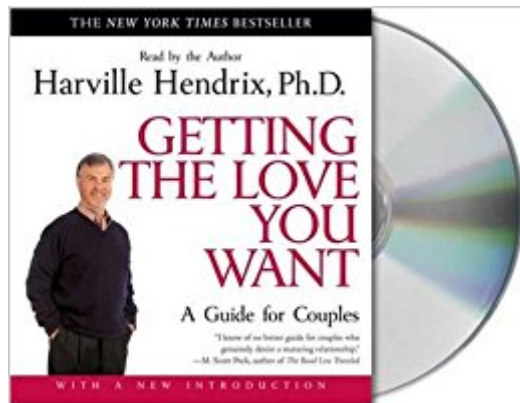




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# Getting The Love You Want: A Guide For Couples



## Synopsis

The bestselling guide to transforming an intimate relationship into a lasting source of love and companionship, in an all new production of the revised and updated text •on CD for the first time! 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. Dr. Hendrix describes the three stages of intimate relationships, provides illustrative case studies and gives recommendations to help couples create a stronger bond between them. Step by step, he offers advice on how to communicate with greater accuracy and sensitivity, how to let go of self-defeating behaviors, and how to focus energy on meeting each partner's needs. With *Getting the Love You Want*, couples in any stage of a relationship can resolve their conflicts and achieve mutual emotional satisfaction.

## Book Information

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## Customer Reviews

When Harville Hendrix writes about relationships, he discusses them not just as an educator and a therapist, but as a man who has himself been through a failed marriage. Hendrix felt the sting of his divorce intensely because he believed it signaled not only his failure as a husband but also his failure as a couples counselor. Investigating why his marriage dissolved led him to start looking into

the psychology of love. Marriage, he ultimately discovered, is the "practice of becoming passionate friends." As a result of his research, Hendrix created a therapy he calls Imago Relationship Therapy. In it, he combines what he's learned in a number of disciplines, including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, to name just a few. He expounds upon this approach in *Getting the Love You Want: A Guide for Couples*. His purpose in writing the book, he says, is "to share with you what I have learned about the psychology of love relationships, and to help you transform your relationship into a lasting source of love and companionship." Divided into three sections, the book covers "The Unconscious Marriage," which details a marriage in which the remaining desires and behavior of childhood interfere with the current relationship; "The Conscious Marriage," which shows a marriage that fulfills those childhood needs in a positive manner; and a 10-week "course in relationship therapy," which gives detailed exercises for you and your partner to follow in order to learn how to "replace confrontation and criticism ... with a healing process of mutual growth and support." The text is occasionally dry and technical; however, the information provided is valuable, the case studies are interesting, and the exercises are revealing and helpful. By utilizing his program, Hendrix hopes you too will be able to solve your marital difficulties without the expense of a therapist. --Jenny Brown --This text refers to an out of print or unavailable edition of this title.

• M. Scott Peck, author of *The Road Less Traveled* • "Getting the Love You Want is 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 • "Harville Hendrix offers the best program I've seen for using the love/hate energy in marriage to help a couple heal one another and to become whole together." • T. George Harris, Editor-in-Chief, *American Health* magazine • "This book will help any couple find the love they want hidden under all the concealing confusion of a close and intimate relationship. I have seen these principles in application and they work!" • James A. Hall, M.D.

I rarely write reviews but felt compelled to write one about this book. It was loaned to me by my therapist. My wife and I have been struggling in our marriage for years and no matter what I do (or she does), we always seem to fall back on the same old patterns of behavior that don't seem to work. Falling out of love has been a very painful experience indeed. The situations described in the book were very, very recognizable to me and at times I felt it described me and my own

feelings exactly. Read this book, even if it is just for the realization that you are not alone in your struggles to make something out of your marriage. Nobody goes into marriage thinking they are going to get divorced some day, but the statistics are grim. Roughly half of all marriages end up in divorce and of the remaining marriages probably 9 out of 10 couples sooner or later end up leading parallel lives where they try to find happiness and fulfillment outside of the relationship with their spouse. That means roughly only 1 in 20 couples end up building a lasting and fulfilling relationship that will last a lifetime. Are we expecting too much of marriage? Few of us would undertake an endeavor knowing there is only a 5% of succeeding, yet we do it anyway. The book goes on to illustrate that we chose our partners for very specific reasons that few of us are even aware of. Out of thousands of potential partners we are attracted to some people that subconsciously meet very specific character and personality traits. In a sense, we all marry into our problems, the very things that attract us to our partners, become the very same issues that drive a wedge between us. The book is very practical too in that it offers specific exercises and guidelines for couples on how to interact with each other. But don't expect it to be easygoing by any means. I realize now that marriage takes a lot of hard work and commitment every day to make and stay successful. You have to make it a top priority in your life and take nothing for granted. Expect to do a lot of soul searching, be prepared to relive some gut wrenching and painful experiences from the past, be willing to learn and undo the conditioned automated responses that you have always used, be prepared to be brutally honest to yourself and your spouse. I fear it might be too late for my own marriage but once you get through this catharsis, I do believe you might actually come out with a happier and more fulfilling relationship on the other end. Regardless, I implore you to read this book. It might help you save your marriage or relationship before it's too late, but even if it does not, it might make you a better person, it will certainly help you build more meaningful relationships with other people and give you a better chance at building lasting and more meaningful future relationships. Good luck to all of you that need this book.

"Getting the Love You Want Workbook" is from 2003, and it cannot be used with the 2008 edition of "Getting the Love You Want" text. The purpose of the workbook is to help with the exercises in the text. 1) The exercises in the 2008 text have been completely renamed, edited and reordered. The exercises in the 2003 workbook have no relationship to the exercises in the 2008 text. 2) As described below by Hendrix, he found one exercise to be not therapeutic, and dangerous to the relationship. He removed this exercise from the 2008 text, and wrote an entirely new one to take its place. The harmful exercise is of course still present in the 2003 workbook. Page xvii of 2008 edition

of text, "Foreword to the Twentieth-Anniversary Edition--What We Changed," third paragraph in its entirety: "Third, the most substantive revision is replacing the original chapter 11 with an entirely new chapter. This chapter used to be titled 'Containing Rage,' and it was designed to help couples express the anger and frustration they had carried over from childhood. The chapter described an exercise called the 'Full Container' that guided each partner in venting his or her anger, while helping the other listen with more compassion. At the time, we believed that this catharsis would reduce the amount of tension in their day-to-day interactions. The opposite proved to be true. We discovered that the more couples practiced the exercise, the angrier they became with each other in their daily lives."

A wonderful book that has been updated after 20 years of more tried and true field experience. This additional fine tuning will help even more individuals/couples get the love that they want. Easy to read with good real life examples of couples who struggle to heal their wounds and those of their partner. The personal insights alone were worth the read, but to have a road map of healing myself and helping my husband to heal were priceless. I have purchased this book as a gift for many people -- some were burgeoning psychotherapists that I thought could use some help understanding the much deeper meaning of the re-occurring scenarios in marital discord -- some were mature couples ready to re-define and re-shape their marriage into something much deeper and more satisfying -- other recipients were young couples whose marriage was in trouble and needed the assurance not to throw in the towel at the first sign of trouble and to use the road map [exercises and weekend workshops] to return to getting the love that they wanted and were often desperately while still in the first throws of romantic love. The authors have "been there/done that" and live the examples that they so lovingly write about. Even if your spouse/significant other is not inclined to seek/receive help, even if you are single and no longer want to be or even if you want to delve deeper into your own psyche to heal some of your personal wounds this book will be a tremendous help on the way to a deeper understanding of yourself and of others. You don't have to have an intimate and/or close relationship with someone to appreciate their wounds -- your friends, family, children, acquaintances, and even in the macrocosm -- your community -- to better understand, appreciate and compassionately live with them. I highly recommend this book as a resource to getting the love you want in your life.

Useful. Great to process with your mate. Do a little at a time though, as it will bring up stuff, but air is cleared. Probably best used with a professional, but progress can be made and great insights

gained.

Strange format on the kindle. It is hard to read and follow. I long-time partner and I each bought it to improve the relationship. I am a family therapist by training and feel it has some very important pieces and has recommended it to others to use. The flaw is the format. I would buy it hard copy.

Great book for anyone who wants to improve their relationships

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