

<<Relationship Rescue:>>

图书基本信息

书名：<<Relationship Rescue: A Seven-Step Strategy for Reconnecting with Your Partner (平装)>>

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## &lt;&lt;Relationship Rescue:&gt;&gt;

## 内容概要

Amazon.com 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 --This text refers to the Hardcover edition.

From Publishers Weekly Oprah's relationship expert and the author of the hugely popular *Life Strategies*, McGraw offers a challenge to readers in troubled marriages. (Though he refers to "relationships," his comments about the roles of men and women make it obvious that McGraw has mostly traditional marriages in mind.) With typical frankness, the Dallas psychologist declares that the underlying reason that "your relationship is in trouble [is] because you set it up that way." Traditional relationship counseling doesn't work, McGraw says, so he dares readers to follow his multistep plan for "reconnecting," which demands honest exploration, through exhaustive self-tests and questionnaires designed to define each partner's needs and expectations. The last step of McGraw's program is probably the most difficult and rewarding: 14 days of structured reconnection exercises in which the partners share their deepest feelings. By participating with the required level of commitment, candor and seriousness, couples would seem to guarantee enhancing their relationships. Despite the strengths of his program, McGraw's compelling television presence doesn't translate well to the page. He reminds readers so often that the "reconnecting" process will not be easy or fun that at times he seems more hectoring than persuasive--not that this is likely to matter to his viewers and fans. One-day laydown on February 8; television and radio satellite tours. (Feb.) Copyright 2000 Reed Business Information, Inc. --This text refers to the Hardcover edition. See all Editorial Reviews

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### 作者简介

Phillip C. McGraw, Ph.D., author of the New York Times bestseller *Life Strategies*, has worked in the field of human functioning and strategic life planning for over twenty years. He is the co-founder and president of Courtroom Sciences, Inc., and has been associated with some of the highest-profile litigation cases in the country, including Oprah's highly publicized "mad cow" suit. A professional psychologist, he appears regularly on Oprah as her resident expert on human functioning. He lives in Dallas, Texas.

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### 书籍目录

Diagnose what is wrong in a relationship; take personal responsibility; escape wrong thinking; embrace relationship truths; learn the formula for success; renegotiate a relationship; learn to live with love and harmony.

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## 编辑推荐

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## 名人推荐

From Publishers Weekly Oprah's relationship expert and the author of the hugely popular Life Strategies, McGraw offers a challenge to readers in troubled marriages. (Though he refers to "relationships," his comments about the roles of men and women make it obvious that McGraw has mostly traditional marriages in mind.) With typical frankness, the Dallas psychologist declares that the underlying reason that "your relationship is in trouble [is] because you set it up that way." Traditional relationship counseling doesn't work, McGraw says, so he dares readers to follow his multistep plan for "reconnecting," which demands honest exploration, through exhaustive self-tests and questionnaires designed to define each partner's needs and expectations. The last step of McGraw's program is probably the most difficult and rewarding: 14 days of structured reconnection exercises in which the partners share their deepest feelings. By participating with the required level of commitment, candor and seriousness, couples would seem to guarantee enhancing their relationships. Despite the strengths of his program, McGraw's compelling television presence doesn't translate well to the page. He reminds readers so often that the "reconnecting" process will not be easy or fun that at times he seems more hectoring than persuasive--not that this is likely to matter to his viewers and fans. One-day laydown on February 8; television and radio satellite tours. (Feb.) Copyright 2000 Reed Business Information, Inc. --This text refers to the Hardcover edition.

From Library Journal McGraw does a wonderful job of examining practical steps that can help to rescue floundering intimate relationships. From the beginning, he acknowledges that only one partner may be inspired to take the action he recommends. He says the core causes of relationship collapse include believing in relationship myths; failing to take personal responsibility for the relationship; and ignoring one's own "core consciousness" (i.e., that which is integral to one's own belief systems). He then helps the listener learn how these blocks can be identified and overcome. McGraw's acknowledged belief in a "Higher Power" might also bring comfort to users who desire a religious basis for healing. The advice itself, however, is mainstream, obviously based on McGraw's broad experience as a counselor, and will almost certainly inspire someone looking for help for a relationship in crisis. Librarians acquiring this program must be aware of limitations that may make it a secondary purchase. First, this tape is meant to be used over an extended period of time. Second, a "relationship test booklet" is included in the packageAa small pamphlet that will soon be lost in most libraries. Finally, the author indicates that use of this book alone is enough to save a failing relationship. Most patrons, after reviewing the audiobook, will decide if they want to have their own copy or not. In the meantime, it may offer hope to anyone struggling to make a relationship work. AKathleen Sullivan, Phoenix P.L. Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

From AudioFile Plain and simple, this is the best audio on fixing romantic relationships that's ever been made. It's not perfect (Dr. Phil's cowboy omnipotence is not everyone's taste), but it covers every aspect of rediscovering and nurturing a long term connection. He urges listeners to first become integrated by finding their "core consciousness" and then to make a decision, if possible, to do whatever their partner needs to make the relationship work. The advice is well organized and supported by fabulous exercises, and it's mainly for couples who want to succeed with each other. Intuitive and sensible by anyone's standards, the program gives specific advice on how to get away from unhealthy ways of connecting and find satisfaction in unconditional commitment and giving. T.W. &copy; AudioFile 2001, Portland, Maine-- Copyright &#169; AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title.

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