

couples therapy workbook

Couples Therapy Workbook: A Guide to Strengthening Your Relationship

couples therapy workbook is an increasingly popular tool for couples looking to improve their relationship, enhance communication, and resolve conflicts in a structured, supportive way. Whether you are experiencing challenges or simply want to deepen your connection, a couples therapy workbook offers practical exercises, insightful prompts, and guidance that you can use together at your own pace. It's like having a therapist in your hands, helping you explore feelings, patterns, and behaviors that impact your partnership.

In this article, we'll dive into the benefits of using a couples therapy workbook, explore key features to look for, and share tips on how to get the most out of this valuable resource. Along the way, we'll touch on related concepts such as relationship counseling, communication exercises, conflict resolution techniques, and emotional intimacy building. If you're curious about how a workbook can complement or even replace traditional therapy sessions, keep reading to discover how this approach can foster growth and healing in your relationship.

What Is a Couples Therapy Workbook?

At its core, a couples therapy workbook is a guided journal or activity book designed to facilitate meaningful conversations and self-reflection between partners. Unlike traditional therapy sessions that rely on a trained professional, these workbooks empower couples to take charge of their relationship development in a hands-on, interactive way. They often combine psychological principles, therapeutic exercises, and relationship science into accessible formats.

Most couples therapy workbooks include sections on communication skills, emotional awareness, trust-building, conflict management, and goal setting. Some also offer quizzes, worksheets, and dialogue prompts that encourage honest sharing and active listening. By working through these materials together, couples can identify unhealthy dynamics, reinforce positive habits, and create a shared vision for their future.

How Does a Couples Therapy Workbook Differ from In-Person Therapy?

While nothing can fully replace the nuance and support of face-to-face counseling, couples therapy workbooks provide flexibility and affordability that many find appealing. They allow couples to work privately and at their own pace, which can reduce anxiety around discussing sensitive topics. Moreover, workbooks can be a helpful supplement to in-person therapy, reinforcing lessons learned during sessions and offering ongoing practice.

One key difference is the absence of immediate feedback from a therapist. However, many workbooks are developed by licensed mental health professionals, ensuring the exercises are evidence-based. For couples who can't access regular therapy due to time, cost, or location, a workbook serves as a valuable alternative to foster communication and understanding.

Key Benefits of Using a Couples Therapy Workbook

Utilizing a couples therapy workbook comes with a range of benefits that make it an effective tool for improving relationships:

1. Enhances Communication

Many couples struggle with expressing their feelings or listening empathetically. A workbook guides partners through communication exercises that teach active listening, validation, and expressing needs without blame. These skills are essential for reducing misunderstandings and fostering emotional safety.

2. Encourages Self-Reflection

By prompting individual reflection alongside joint activities, workbooks help each partner explore their thoughts, emotions, and behaviors. This awareness is crucial for recognizing patterns that contribute to conflict or dissatisfaction.

3. Provides Structure for Difficult Conversations

Discussing relationship challenges can be intimidating. Couples therapy workbooks offer a roadmap, breaking down complex issues into manageable topics and questions. This structure can make tough discussions feel less overwhelming and more productive.

4. Builds Emotional Intimacy

Through guided exercises, couples deepen their understanding of each other's inner worlds. Sharing vulnerabilities and dreams strengthens connection and trust, which are foundational to a healthy relationship.

5. Flexible and Accessible

Whether you prefer paper or digital formats, couples therapy workbooks are accessible anytime and anywhere. This flexibility fits well into busy schedules and allows for repeated use whenever needed.

Choosing the Right Couples Therapy Workbook

Not all workbooks are created equal, so selecting one that matches your unique needs and goals is important. Here are some factors to consider:

Author Credentials and Approach

Look for workbooks written by licensed therapists, psychologists, or relationship experts. Check whether the approach aligns with your values—some focus on cognitive-behavioral techniques, others on emotion-focused therapy or mindfulness.

Content and Scope

Review the topics covered to ensure they address areas relevant to your relationship, such as communication, conflict resolution, or rebuilding trust after infidelity. Some workbooks may also include chapters on intimacy, parenting, or financial management.

Format and Usability

Consider whether you prefer a workbook with open-ended prompts, multiple-choice quizzes, or structured exercises. A clear, engaging layout with examples can enhance your experience and motivation to continue.

Reviews and Recommendations

Reading testimonials or reviews from other couples can provide insights into how effective the workbook is in real-life scenarios. You might also ask your therapist or counselor for suggestions.

Practical Tips for Getting the Most Out of a Couples Therapy Workbook

A couples therapy workbook is only as effective as the effort you and your partner put into it. Here are some tips to maximize its impact:

1. Set Aside Dedicated Time

Treat workbook sessions like appointments. Choose moments when both of you are relaxed and free from distractions to ensure meaningful engagement.

2. Be Honest and Open

The value of the exercises depends on genuine sharing. Try to approach activities without judgment or defensiveness, and listen attentively to your partner's perspective.

3. Take Breaks When Needed

If emotions run high, it's okay to pause and revisit the workbook later. Processing feelings gradually can prevent burnout or overwhelm.

4. Combine Workbook Use with Other Relationship Practices

Incorporate what you learn into daily life—whether that means applying communication techniques, scheduling regular check-ins, or practicing gratitude.

5. Reflect on Progress Together

Periodically review completed exercises and discuss changes you've noticed. Celebrating small wins reinforces motivation and connection.

Popular Exercises Found in Couples Therapy Workbooks

To give you a clearer picture, here are some common types of exercises you might encounter:

- **Communication Journals:** Partners write down feelings and thoughts, then share and discuss them without interruption.
- **Conflict Mapping:** Identifying triggers, reactions, and resolutions to recurring disputes.
- **Love Language Assessments:** Discovering each partner's preferred ways of giving and receiving affection.
- **Goal Setting Worksheets:** Creating shared visions for the relationship's future and setting actionable steps.
- **Emotion Identification:** Recognizing and naming emotions to better express and understand them.

These exercises not only promote understanding but also equip couples with tools to navigate challenges more effectively.

The Role of Couples Therapy Workbooks in Modern Relationship Care

In today's fast-paced world, couples often face unique stressors such as balancing careers, managing technology use, and navigating social changes. Traditional therapy can be difficult to access or sustain consistently. Couples therapy workbooks offer a practical solution that fits into diverse lifestyles while promoting emotional health.

Moreover, the rise of online therapy and digital wellness resources has made relationship workbooks more interactive and accessible. Some come with companion apps, video tutorials, or community forums, enhancing the learning experience. This blend of self-help and professional guidance empowers couples to take proactive steps toward relationship satisfaction.

Using a couples therapy workbook can also reduce stigma around seeking help. Many couples feel hesitant to attend therapy due to social pressures or misconceptions. Workbooks provide a private, non-intimidating way to explore relationship issues and develop skills that can prevent problems from escalating.

Whether you are newly dating, engaged, married, or long-term partners, investing time in this kind of guided self-discovery can pay dividends in emotional closeness and mutual respect.

Engaging with a couples therapy workbook can be a transformative journey. It invites partners to slow down, listen deeply, and engage with their relationship in a thoughtful way. With commitment and openness, these workbooks can unlock new levels of understanding and partnership that last a lifetime.

Frequently Asked Questions

What is a couples therapy workbook?

A couples therapy workbook is a guided resource designed to help couples improve their relationship by working through exercises, prompts, and activities that address communication, conflict resolution, and emotional connection.

How can a couples therapy workbook benefit my relationship?

A couples therapy workbook can help partners better understand each other's perspectives, improve communication skills, identify and resolve conflicts, and strengthen their emotional bond, often at their own pace and in a comfortable setting.

Are couples therapy workbooks effective without a therapist?

While couples therapy workbooks can provide valuable insights and tools, their effectiveness often increases when used alongside professional therapy. However, many couples find them helpful for self-guided relationship improvement.

What topics are commonly covered in couples therapy workbooks?

Common topics include communication techniques, conflict resolution strategies, emotional intimacy, trust-building exercises, understanding attachment styles, and goal-setting for the relationship.

Can couples therapy workbooks be used at any stage of a relationship?

Yes, couples therapy workbooks are useful for couples at various stages—from newly dating to long-term committed partners—helping them build a solid foundation or address ongoing challenges.

How do I choose the right couples therapy workbook for my relationship?

Look for workbooks authored by licensed therapists or relationship experts, with positive reviews and content that addresses your specific relationship needs, such as communication issues, infidelity, or blending families.

Are there digital or printable versions of couples therapy workbooks available?

Yes, many couples therapy workbooks are available in both digital and printable formats, allowing couples to choose the format that best fits their learning style and convenience.

Additional Resources

Couples Therapy Workbook: A Practical Guide to Strengthening Relationships

couples therapy workbook has emerged as an increasingly popular tool for couples seeking to improve communication, resolve conflicts, and rebuild intimacy without immediately turning to in-person therapy sessions. These workbooks offer structured exercises, reflection prompts, and evidence-based techniques designed to facilitate healthier interactions between partners. As relationship dynamics evolve and mental health awareness grows, the couples therapy workbook represents a blend of accessibility and therapeutic rigor, providing couples with practical resources at their own pace.

Understanding the Role of Couples Therapy Workbooks

Couples therapy workbooks serve as self-help resources that guide couples through various stages of relationship therapy. Unlike traditional counseling that requires live interaction with a therapist, these workbooks provide a framework for introspection and dialogue that partners can engage with independently or alongside professional support. The growing interest in these tools is partly driven by the convenience and affordability they offer, especially in contexts where access to licensed therapists may be limited.

The workbook approach typically incorporates exercises grounded in well-established therapeutic models such as Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), and the Gottman Method. Each model focuses on specific aspects of relationship health, such as emotional attunement, conflict resolution, and communication skills. By integrating these approaches, couples therapy workbooks attempt to provide a comprehensive toolkit that addresses emotional, cognitive, and behavioral factors that influence relationship quality.

Key Features and Components

A typical couples therapy workbook includes several core elements designed to engage both partners actively:

- **Assessment tools:** Questionnaires or checklists that help couples identify areas of strength and challenges within their relationship.
- **Communication exercises:** Activities that promote active listening, empathy, and constructive dialogue.
- **Conflict resolution strategies:** Step-by-step guides to navigate disagreements without escalating tension.
- **Reflection prompts:** Open-ended questions encouraging self-awareness and emotional exploration.
- **Goal-setting sections:** Spaces for couples to define shared objectives and track progress over time.

These components work synergistically to foster mutual understanding and encourage partners toward healthier patterns of interaction. Moreover, many workbooks include evidence-based techniques, such as “I” statements and emotion identification, which have been shown to improve communication efficacy.

Comparing Popular Couples Therapy Workbooks

The market for couples therapy workbooks has expanded, with several titles gaining prominence due to their comprehensive content and practical applicability. Comparing these options can help couples select a workbook that aligns with their unique needs.

"The Couples Therapy Workbook" by Kathleen Mates-Youngman

This workbook emphasizes cognitive-behavioral techniques and is designed for couples seeking to improve communication and resolve specific conflicts. It offers structured exercises that encourage couples to identify negative patterns and replace them with healthier alternatives. Its step-by-step format is accessible for couples unfamiliar with therapy concepts.

"Hold Me Tight Workbook" by Dr. Sue Johnson

Based on Emotionally Focused Therapy (EFT), this workbook explores attachment theory and emotional bonding. It provides exercises aimed at helping partners understand their emotional responses and create secure attachment bonds. It's particularly useful for couples experiencing emotional disconnection.

"The 7 Principles for Making Marriage Work Workbook" by John Gottman and Nan Silver

Derived from decades of research, this workbook incorporates the Gottman Method's principles, focusing on friendship, conflict management, and shared meaning. It offers quizzes and practical exercises that guide couples through strengthening their emotional bank accounts and fostering intimacy.

Each workbook has its pros and cons depending on the couple's relationship stage and preferred therapeutic approach. For instance, couples with entrenched communication problems may benefit from cognitive-behavioral workbooks, whereas those struggling with emotional distance might find EFT-based workbooks more effective.

Benefits and Limitations of Using Couples Therapy Workbooks

Advantages

- **Accessibility:** Workbooks are widely available in print and digital formats, allowing couples to engage in therapy-like experiences without scheduling constraints.
- **Cost-effectiveness:** Compared to in-person therapy, workbooks are relatively affordable, often costing a fraction of session fees.
- **Self-paced learning:** Couples can move through exercises at their own speed, revisiting challenging sections as needed.
- **Privacy:** For couples hesitant to seek external help, workbooks provide a discreet option for relationship improvement.

Challenges

- **Lack of professional guidance:** Without a therapist's input, couples may misinterpret or inadequately apply certain exercises, potentially limiting effectiveness.
- **Motivation and commitment:** Success with workbooks requires both partners to be equally engaged and willing to invest time and emotional energy.
- **Complex issues:** Workbooks may not sufficiently address deep-seated trauma, mental health disorders, or severe relational dysfunction requiring specialized intervention.

Recognizing these limitations is essential for couples considering workbooks as a standalone solution or as a supplement to traditional therapy.

Integrating Couples Therapy Workbooks into Broader Relationship Support

For many couples, a hybrid approach that combines professional therapy with workbook exercises can produce the most sustainable outcomes. Therapists often recommend specific workbooks as homework assignments, allowing couples to practice skills between sessions. This integration enhances therapy by reinforcing key concepts and promoting active participation.

Additionally, some couples use therapy workbooks as a preventive measure, engaging with exercises during relatively stable periods to deepen connection and build resilience against future conflicts. This proactive stance aligns with contemporary relationship research emphasizing early intervention and continuous growth.

Choosing the Right Workbook for Your Relationship

Selecting an appropriate couples therapy workbook depends on several factors:

1. **Relationship goals:** Clarify whether the focus is on communication, emotional bonding, conflict resolution, or another area.
2. **Therapeutic approach preference:** Some couples resonate more with cognitive approaches; others

prefer emotion-focused methods.

3. **Reading and engagement style:** Consider whether the workbook's format suits your learning preferences—some are more text-heavy, while others are interactive with worksheets.
4. **Professional recommendations:** Input from therapists or counselors can guide selection tailored to your relationship's unique dynamics.

Taking the time to research and, if possible, preview workbook content can maximize its benefits.

The couples therapy workbook continues to evolve as a valuable resource within the broader spectrum of relationship support tools. By offering structured guidance rooted in psychological science, these workbooks empower couples to actively participate in their relational health, fostering communication, empathy, and mutual growth. While not a panacea, they represent a significant step towards accessible and practical relationship enrichment.

Couples Therapy Workbook

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these important topics and discuss these wonderful questions. -- Milan and Kay Yerkovich, Authors of best-selling How We Love series "Instead of offering analysis, advice or theory, The Couples Therapy Workbook offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship." --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D.; Authors of Making Marriage Simple and Getting the Love You Want.

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□ 55% OFF for Bookstores! NOW at \$ 26,97 instead of \$ 36,97! LAST DAYS! □ Have You Lost Your Spark? Are You Having Trouble Communicating? Do You Want To Rekindle Your Relationship's Fire? Your Customers Will Never Stop To Use This Amazing Guide! If you are reading this, you have made the first step towards improving your communication in marriage; you have detected a problem. You and your partner have stopped spending quality time together. You talk but you never communicate. Your love life has gone down the hill. And you end up sitting on a couch, watching TV shows while scrolling through your smartphones for something that will spark your interest. The lockdown, the pandemic, work-related stress, household chores, and social circumstances can take a toll on your relationship. The clock is now ticking for your relationship. Here's How You Can Improve Your Communication Skills, Increase Intimacy, And Resolve Any Conflict! This eye-opening couples communication workbook will take you by the hand and give you an in-depth understanding of your problems as well as simple tips and tools to overcome your relationship's obstacles. Monica Travis, the author of this game-changing couples therapy workbook, has worked with couples for years and has distilled her knowledge, experience, and skills into an easy-to-read and simple communication skills workbook that will enable you and your partner to: □ Learn How To Communicate Better & Share Your Dreams, Goals, And Fears Without Any Second Thoughts □ Increase Both Physical And Emotional Intimacy By Re-Connecting On A New Foundation □ Resolve Those Conflicts That Have Been Simmering For Years And Ruining Your Chances Of Happiness But Wait... That's Not All! By the end of this couples counseling workbook, you will be able to □ Discover Common Interests And Spend More Quality Time Together □ Remove Gender Stereotypes Holding Your Relationship Back □ Goals Together And Learn How To Fix Your Marriage Don't Hesitate! Invest In Your Relationship Today - Scroll Up And Click Buy Now! Buy it NOW and let your customers get addicted to this amazing book!

couples therapy workbook: 8-Week Couples Relationship Therapy Workbook Taylor Blake, 2024-04-07 UNLEASH the transformative power of the 8-Week Couples Relationship Therapy Workbook, and achieve deeper emotional connections and secure attachment in your relationship, even if you've tried everything else! Are you tired of feeling like roommates instead of soulmates? Do the same old arguments keep circling back, leaving you feeling stuck in a loop? Feeling like the passion has faded into a comfortable routine? YOU'RE NOT ALONE, and there's a lot you can do about it. It's no secret that maintaining a healthy, vibrant relationship requires hard work, mutual respect, and a solid understanding of each other's needs. But how do you create that understanding? How do you move past the hurt and turmoil to reach a place of love and acceptance once more? What if you had a roadmap that led you, step-by-step, toward healing, understanding, and a stronger bond? Meet the guide that answers those questions and transforms relationships: the 8-Week Couples Relationship Therapy Workbook. Step into this expert-designed program and experience the profound difference it can make in your journey together. Rediscover each other and the love that brought you together, rekindled, and strengthened for a lifetime. Inside, here is a fraction of what you'll discover: A dynamic and enriching 8-week journey designed to fit into your life, not take it over - adaptable to your pace and lifestyle. 40 transformative exercises meticulously designed to guide you through each step of your 8-week journey to deeper love and understanding. 15 custom-designed worksheets, complemented by an easy-to-follow accountability map, ensuring a stress-free journey to deeper connection Ignite a spark that grows into a roaring fire with carefully

crafted activities designed to revitalize and sustain passion in your partnership. A detailed guide about understanding Attachment Styles and how they shape your love dynamics Turn daily stresses into bonding opportunities, mastering techniques to fortify your relationship against life's inevitable pressures. Lean into the proven power of Emotion-Focused Therapy (EFT), the foundational approach that has breathed new life into relationships worldwide, inspired by transformational stories of love reawakened. Conflict Resolution Strategies that actually work and bring long-term peace Integrate simple yet impactful exercises into your everyday life, creating moments of connection amidst the chaos of work, family, and life's demands. Rekindle the joy of partnership in every task, turning mundane routines into cherished rituals that celebrate your bond. Rebuild trust - how to understand, rebuild, and strengthen trust after betrayal Unveil the secrets to navigating disagreements gracefully, transforming conflicts into catalysts for growth and deeper understanding. and much more Yet, you may be skeptical. You may think: Will these exercises really help my relationship? Will my partner fully participate? We've tried everything, and nothing seems to work. Here's the magic. Designed by experts in couples therapy, this workbook understands precisely those doubts and fears. It's crafted to gently, patiently, and effectively guide you and your partner through the journey. It's not about quick fixes or empty promises. It's about sustainable change, deep understanding, healthy habits, better communication, and a deeper bond.

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couples therapy workbook: An Emotionally Focused Workbook for Couples Veronica Kallos-Lilly, Jennifer Fitzgerald, 2014-08-13 This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework

for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

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desperately want to know how to save your marriage... but you have NO answers! You feel helpless and frustrated. The pain does not diminish, it magnifies, consumes your mind and tears your heart to pieces. This is what I often hear from my customers. You may have heard painful things like I'm not happy anymore, I don't love you or I'm leaving you. Perhaps your partner has already left you. Whatever the situation, I know how extremely difficult, stressful and harrowing this situation is... and I know how hopeless such a situation can make you feel. So, I'll begin by telling you that there is a light at the end of this long, dark tunnel. When a marriage hits a crisis, the actions that individuals take could change their lives forever; so, finding the right help is essential. This handbook by Bryans shares his thoughts and guidance that has led many couples to seek help and rebuild their lives following a relationship crisis. You find it hard to understand how the person you loved, who once loved you, can now treat you like an enemy. Your spouse may repeatedly say things such as I'm done, it's done, or even, You're getting worse" when you try to do anything to save your marriage. You want a sign of encouragement. Should you give up? No. Is there a magical solution, a quick fix or a simple sentence that will save your marriage? No. But there are specific things that you should do (and some that you should NOT be doing if you want to save your marriage). This book would be useful for any married or unmarried couple. Even if you are in a good position in your relationship, it can only help to improve things. You will learn:

- How to remove the behaviors that kill relationships.
- To discover who your partner really is.
- Why people behave in ways that you find frustrating.
- The communication techniques that will facilitate good practice in relationships on a daily basis.
- Descriptions of the most common marital challenges - money, intimacy, anger and conflict.
- The stories of my customers who have overcome negativity in the most complicated relationships, and much more.

Not everyone wants, or has time, to physically sit down with a consultant; but with this book you can now do it in the privacy of your home. This is an excellent guide that will help you in your efforts to get things back on track or simply to maintain what is already a good track. Rebuilding a broken marriage is a rocky road. Reading this manual now is the best way to correct a relationship that is falling apart and to avoid triggering negative chain reactions while it is still possible.

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- 8 Relationship Strengthening Activities For Couples, in order to improve it and prevent problems that can ruin the dynamics and functionality of it; including simple ways to show them appreciation and gratitude.
- Explore your relationship: How Couples Can Learn About Each Other's Past Wounds, how to help them heal so you can face a happy future together, stronger than before.
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late (or too early) to start putting a little more effort into your relationship. If you would like to improve your connection, choose one or two of the activities and exercises described below to practice with your partner. **How to Know if You Need Marriage Counseling** If your marriage is having problems, you definitely should not wait too long to seek professional help. It may be hard to find the right counselor with the skills to help your relationship, but they are out there and willing to help. There are ways to find a counselor specializing in marriage or couples therapy. You may have to meet with more than one to find the right fit. There are also ways to gauge if counseling will actually work for your marriage. Fortunately, we do have some information on the types of couples that get the most, and the least, from marriage counseling. Here are some questions to consider: Did you marry at an early age? Did you not graduate from high school? Are you in a low-income bracket? Are you in an inter-faith marriage? Did your parents divorce? Do you often criticize one another? Is there a lot of defensiveness in your marriage? Do you tend to withdraw from one another? Do you feel contempt and anger for one another? Do you believe your communication is poor? Is there a presence of infidelity, addiction, or abuse in your marriage? If you answered yes to most of these questions, then you are statistically a higher risk for divorce. It does not mean that divorce is inevitable, it may mean that you have to work much harder to keep your relationship on track. Those couples who have realistic expectations of one another and their marriage, communicate well, use conflict resolution skills, and are compatible with one another are less at risk for divorce. **Don't Wait to Get Help** If you think your marriage is in trouble, do not wait. Seek help as soon as possible. Plan to budget the money and time in this treatment. The longer you wait, the harder it will be to get your relationship back on track. Be sure to find professional couples counseling or attend a marriage course or weekend experience as soon as warning signs appear. Buy the Paperback version and get the Kindle Book versions for **FREE SCROLL UP AND CLICK BUY BUTTON NOW**

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```
#!/bin/sh
function get_os_details() {
  OS=`uname -s`
  REV=`uname -r`
  MACH=`uname -m`
  if [ "${OS}" == "Darwin" ]; then
    type -p sw_vers &> /dev/null
    if [
```

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