



Till Death Do Us Part (Unless I Kill You First): A Step-by-Step Guide for Resolving Marital Conflict

Jamie Turndorf

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A proven plan that breaks the conflict cycle, this book is "mandatory reading for every couple that wants to build lasting love"(John Bradshaw).

When fighting breaks out between a husband and wife, the husband's typical reaction is to withdraw, either emotionally or physically. When he does, his wife often becomes more frustrated and angry, which in turn causes the husband to withdraw even more. The fighting escalates with each subsequent outbreak. But it doesn't have to. During her fifteen years of clinical and laboratory research, couples therapist Jamie Turndorf, Ph.D., has developed a proven program that breaks the conflict cycle for ninety percent of the couples who use it. She advises couples to start with a series of cool-down steps and to move on to resolution exercises that will allow them to address difficult issues and subjects in a nonadversarial manner.

Filled with easy-to-follow advice and helpful anecdotes, Turndorf's book gives couples the advice they need to calm an emotional exchange before it becomes a fight. *Till Death Do Us Part* offers the path to peace that all fighting couples are looking for.

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