

[PDF] You Don't Have To Take It Anymore: Turn Your Resentful, Angry, Or Emotionally Abusive Relationship Into A Compassionate, Loving One

Steven Stosny - pdf download free book



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Description:

From Publishers Weekly If you're always walking on eggshells around your partner, Stosny is writing for you. The CompassionPower founder and relationship expert draws examples and exercises from his experience working with couples as he discusses core values, anger management, power struggles and reconstruction. Resentment is Stosny's main target (not possible underlying depression, anxiety or other factors). The approach may provide false hope if the reader's reality is too complex for self-help, but it could also foster important life changes. (Jan. 10)

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About the Author Steven Stosny, PhD, has treated more than 4,000 people for various relationship problems through CompassionPower, the organization he founded and has directed for more than twelve years. His textbook, *Treating Attachment Abuse: A Compassionate Approach*, set a new standard for understanding and treating family abuse and is widely used in therapeutic settings in the United States and abroad. Dr. Stosny has authored many articles and chapters in professional books and has been quoted by, or been the subject of articles in, *The New York Times*, *The Washington Post*, *The Washington Times*, *Chicago Tribune*, *U.S. News & World Report*, *The Wall Street Journal*, *Esquire*, *Cosmopolitan*, *Seventeen*, *Mademoiselle*, *Women's World*, *O: The Oprah Magazine*, *Psychology Today*, *AP*, *Reuters*, and *USA Today*. He has also appeared on *The Oprah Winfrey Show* and other national television shows.

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