

# Metropolitan Marriage & Family Therapy, PLLC

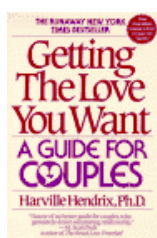
Succeed at Your Relationship and Your Life!

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## These are the books you'll need to purchase to complement our work together:



### **Getting the Love You Want: A Guide for Couples**

By Harville Hendrix

"Marriage is the practice of becoming passionate friends" is the basic concept of this book. 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 Couples Companion: Meditations and Exercises for Getting the Love You Want**

By Harville Hendrix and Helen Hunt

Shows how an enlightened relationship can lead to spiritual growth and personal healing and offers a life-changing program for doing so. If you're committed to taking the time each day to do the exercises in this book, you can make significant improvements in your marriage or relationship. Couples find it to be a useful adjunct to therapy. It assists couples in getting closer and understanding each other better.

Other Recommended books at:

<http://www.metrorelationship.com/books/>