

# Metropolitan Marriage & Family Therapy, PLLC

280 Madison Avenue ~ Suite 208 ~ New York, NY 10016

Phone: 888-880-9055 or 212-537-9055 ~ Email: emma@metrorelationship.com ~ Online: www.metrorelationship.com

---

**These are books you need to purchase to  
complement the work we'll be doing together:**



**Keeping the Love You Find:  
A Personal Guide  
By Harville Hendrix**

A guide to finding and keeping love prepares readers to avoid the same mistakes they have made before, deal with volatile emotional issues from the past, and move from attraction to intimacy.



**The Personal Companion:  
Meditation and Exercises for Keeping the  
Love You Find**

**By Harville Hendrix and Helen Hunt**

Combining practical advice, humor, and enlightening wisdom, these daily meditations and exercises provide powerful insights that can help anyone create unlimited possibilities for finding -- and keeping -- love. Whatever your history, whatever your heartache, your dreams of finding a truly compatible mate are completely achievable, not through luck or extraordinary skill, but by taking daily steps toward inner growth and positive change. With The Personal Companion as your guide, you can move closer to a joyful, healing love, as you:

**Create** hope in place of despair,  
companionship instead of loneliness

**Develop** a communication skill that turns  
conflict into contact and bonding

**Transform** every past relationship into a  
source of positive growth

**Reflect** on your inner self -- and what you  
want out of love

**Identify** and change how you prevent yourself  
from keeping the love you find

**Discover** the rewards of real love -- and the  
little things that make it last.

You may purchase these through our site:  
<http://www.metrorelationship.com>