



The Three Minds of Marriage: How Psychotherapy, Neuroscience, and Contemplation Can Heal, Strengthen, and Transform Intimate Relationships (Paperback)

By P. Gregg Blanton

Lantern Books,US, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Have you ever found yourself talking past your partner? Does your spouse trigger unwelcome resentment in you or leave you annoyed, left out, unheard, or taken for granted? Do you find yourself wondering what happened to the intimacy, attention, and communication that used to come so naturally? If the answer to any of these questions is yes, then *The Three Minds of Marriage* is for you. Exploring the latest research on brain chemistry, longstanding psychotherapeutic principles, and the ancient practice of contemplative meditation, counselor Gregg Blanton reveals how we can train our own minds to foster communication, stop reactivity and defensiveness, and reignite closeness and understanding in our relationships. Full of practical advice, *The Three Minds of Marriage* is an ideal manual for any couple to read together to rediscover trust, companionship, and love.



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