



You, Me and Us

Has the passion has gone from your relationship? Are you feeling bored, or unappreciated? Have you fallen for someone else? Or has that situation arisen for your partner? Designed to be practical and accessible, this 64 page book uses the cognitive behaviour therapy (CBT) approach to help readers take a long look at their relationship. With associated online worksheets that can be downloaded and printed directly via links in the book, it aims to help you decide whether to work on changing things, or to choose to get out. Covering the full complexity of these difficult decisions, readers will be able to consider whether they want to leave just for today, or forever. Part of the Living Life series of books at www.fiveareas.com and free online courses at www.lltff.com.

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