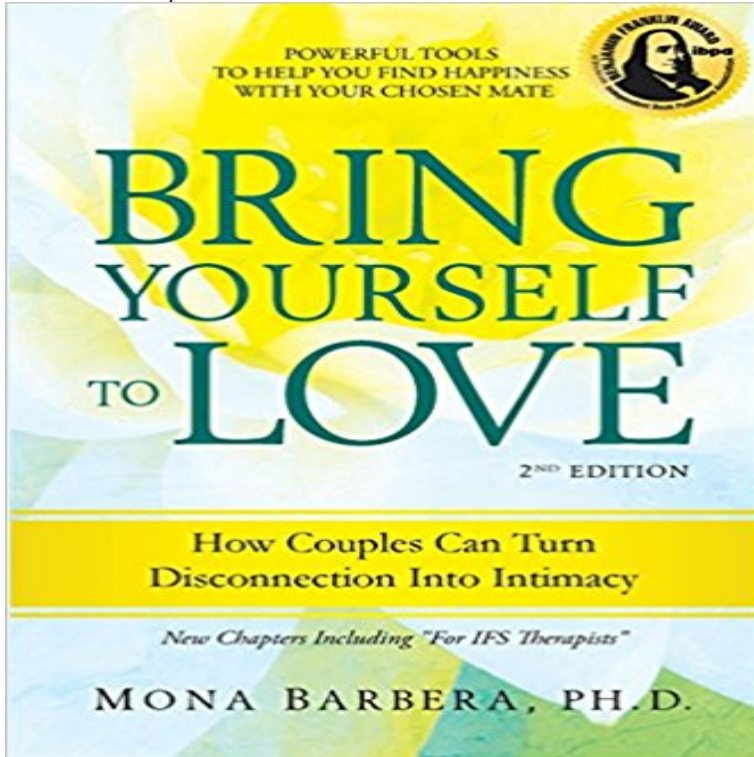


Bring Yourself to Love: How Couples Can Turn Disconnection Into Intimacy



Bring Yourself to Love offers a wealth of practical advice and exercises you can apply right away: easy techniques to help you mend relationships not only with your spouse/partner, but also with friends and family members. Bring Yourself to Love uses the popular Internal Family Systems method, developed by Dr. Richard Schwartz.

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