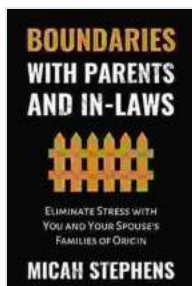


Eliminate Stress With You And Your Spouse Families Of Origin: A Revolutionary Approach

Are you and your spouse struggling with stress and conflict related to your families of origin? Do you feel like you're constantly walking on eggshells, trying to avoid sensitive topics or family members? If so, you're not alone.



Boundaries with Parents and In-Laws: Eliminate Stress With You and Your Spouse's Families of Origin

by Alan Seaborn

★★★★★ 5 out of 5

Language : English
File size : 982 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 17 pages
Lending : Enabled



The truth is, our families of origin can have a profound impact on our marriage. The values, beliefs, and communication patterns we learn in our childhood homes can shape the way we interact with our spouse and family members. Unfortunately, these patterns can sometimes lead to conflict and stress in our current relationships.

But there is hope. In her groundbreaking book, *Eliminate Stress With You And Your Spouse Families Of Origin*, licensed marriage and family therapist

Dr. Julie Gottman reveals a revolutionary approach to understanding and resolving these issues.

Drawing on decades of research and clinical experience, Dr. Gottman has identified four key areas that can lead to stress and conflict in marriage:

- **Unresolved childhood issues:** We all carry baggage from our childhood, but when these issues are unresolved, they can interfere with our adult relationships.
- **Differing family values and beliefs:** When couples come from different family backgrounds, they may have different values and beliefs about everything from money to parenting.
- **Communication problems:** Poor communication can lead to misunderstandings, resentment, and conflict. This is especially true when it comes to discussing family-related issues.
- **Lack of boundaries:** It's important to establish clear boundaries with our families of origin, but this can be difficult if we're not used to setting limits.

In *Eliminate Stress With You And Your Spouse Families Of Origin*, Dr. Gottman provides a step-by-step guide to addressing these issues and building a stronger, more stress-free marriage. She offers practical tools and exercises that will help you:

- Identify the unresolved childhood issues that are affecting your marriage.
- Understand the different family values and beliefs that you and your spouse bring to the relationship.

- Improve communication skills
- Set clear boundaries with your families of origin.
- Develop a plan for managing stress and conflict.

If you're ready to eliminate the stress and conflict that your families of origin are causing in your marriage, then *Eliminate Stress With You And Your Spouse Families Of Origin* is the book for you.

Free Download your copy today and start building a stronger, more stress-free marriage.

Praise for *Eliminate Stress With You And Your Spouse Families Of Origin*:

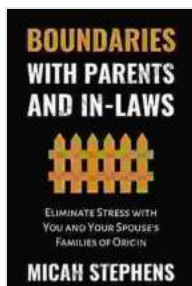
"This book is a must-read for any couple who wants to build a stronger, more stress-free marriage. Dr. Gottman provides a clear and concise guide to understanding and resolving the issues that can arise from our families of origin." - **Dr. John Gottman, author of *The Seven Principles for Making Marriage Work***

"Dr. Gottman has done a masterful job of distilling complex family dynamics into a practical and accessible guide. *Eliminate Stress With You And Your Spouse Families Of Origin* is an invaluable resource for any couple who wants to improve their relationship." - **Dr. Sue Johnson, author of *Hold Me Tight***

"This book is a game-changer for couples who are struggling with stress and conflict related to their families of origin. Dr. Gottman's insights are invaluable, and her tools and exercises are easy to implement. I highly

recommend this book to any couple who wants to build a stronger, more fulfilling relationship." - **Dr. Harville Hendrix, author of Getting the Love You Want**

Free Download your copy of Eliminate Stress With You And Your Spouse Families Of Origin today!

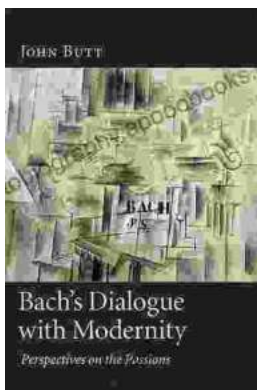


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