

10 Steps to a Rock-Solid, Loving Relationship

Licensed psychologist Dr. Jan Hoistad has helped countless couples overcome conflicts and build a healthy relationship in which both partners' needs are met. Now Dr. Hoistad shares her innovative 10-Step approach with you in *Romance Rehab*. Filled with exercises, personal anecdotes, and concrete tools for improving communication and deepening understanding, this invaluable guide will show you how to stop fighting; create a meaningful, long-lasting connection; and realize the dreams you and partner can build together.

"It's difficult to find a simple, readable book that presents such a magnificent job of untangling the complexities of relationships—but *Romance Rehab* does it! A fantastic book to guide you to the relationship you long for."

—Pat Love, EDD, author of *The Truth About Love*

"This book can help couples have a great marriage."

—Howard J. Markman, PhD, author of *12 Hours to a Great Marriage*

"Dr. Jan generously distills considerable expertise into a [10-step] pathway to success, empowering couples with valuable tools that will save them hundreds in therapy bills and years of frustration."

—Patty Howell and Ralph Jones, authors of *World Class Marriage*



STERLING

New York / London

www.sterlingpublishing.com

ISBN 978-1-4027-6548-3



9 781402 765483

5 1995 >