

Living well as a couple

by M^a Helena Feliu



LIVING WELL AS A COUPLE

10 KEYS TO HAVING A STABLE AND LASTING RELATIONSHIP

BY M^a HELENA FELIU

116 pages

Couples

The book couples should read (or wish they had) before marrying.

SYNOPSIS

The number of couples which break up just keeps on rising. However, a very high percentage of the separated repeat the experience of living with a partner with the burden that many of them have not reflected on the errors committed in their previous one.

In 2006, the New York Times published an article entitled, "Questions Couples Should Ask (or Wish They Had) Before Marrying". Some of these questions were as banal as if the television should or should not be in the bedroom. Reading the article, I thought about the many times that these subjects had been debated with the couples who came to my consulting room. There are, of course, other more transcendental questions, but, it is true that for a couple to work both the small and the big issues are important.



ABOUT THE AUTHOR

María Helena Feliu holds a Degree in Philosophy and Psychology. She has worked in the Children Psychopathology Team at the Hospital Clinic de Barcelona. She is founding member of Gabinete Colectivo Galton and has worked in different fields of Clinic Psychology. She is author of *Acabar bien. Cómo afrontar la separación y el divorcio*, *Asesoramiento familiar de educación infantil* y *Relación de la pareja: técnicas para la convivencia*.