

《在两人世界中尽享单身/Being》

图书基本信息

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内容概要

在线阅读本书

You Can Be Single and Happy Whether you are actively looking for a mate or have decided that marriage isn't what you want right now, psychotherapists Xavier Amador and Judith Kiersky can help you deal with the problems that come from being single in a couples' world. Drawing on years of clinical experience and research with both single and married clients, Amador and Kiersky have identified the five common stumbling blocks that can get in the way of enjoying singlehood. Taking a careful look at the obstacles that cause single people the most pain, the authors have developed a four-step plan to help you achieve balance and happiness -- whether or not you stay single. And the first and most challenging step is to stop buying into old-fashioned ideas about singlehood and marriage. Combining clear advice and vivid case examples, *Being Single in a Couples' World* gives all of us the tools we need to find our way to a healthier self and more meaningful relationships.

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书籍目录

Preface by Dr. Amador Preface by Dr. Kiersky BEING SINGLE 1. It's a Couples' World 2. Being Single Today 3. Where Do You Fit In? 4. Taking Charge WHY ARE YOU SINGLE ? 5. Stuck on the Ideal 6. The Grass Is Always Greener 7. Afraid to Make the Wrong Choice 8. Hasn't Left Home Yet 9. Never Goes All the Way HOLDING YOUR OWN IN A COUPLES' WORLD 10. Avoiding Friendly Fire 11. Competition Among Friends 12. Feeling Invisible Afterword

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精彩短评

1、 easy reading, doesn't make sense though

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