



After the Honeymoon: How Conflict Can Improve Your Relationship-Revised Edition

By Daniel B. Wile



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After the honeymoon. The very words carry a burden of sadness, as if for a short while we lived in a golden trance of love, and now we've been jolted awake. Immediately comes the thought, "Oh no! Is this the person I'm supposed to spend the rest of my life with?" When choosing a partner, we are choosing, along with that person, a particular set of problems that we will be grappling with for the next ten, twenty, or even fifty years. Dan Wile shows how to take advantage of the inevitable problems that occur in a relationship to deepen the sense of connection. Most of these problems result from feelings we are unable to express and conversations we are unable to have. We become angry because we are unable to confide feeling hurt. We become defensive because we are unable to confide feeling threatened. We become uncompromising because of the hidden compromises we are already making. Exposing these undercurrents can turn fights into intimate conversations.

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Editorial Review

From Publishers Weekly

Twenty years as a practicing psychologist has shown the author the bonanza of difficulties that can beset couples from the nitpicking annoyances to divorce-sized concerns and many readers will recognize certain elements of discord discussed here. By illustrating, with examples, how small behavioral details can mask major issues between partners, and by creating mock conversations between couples, Wile pinpoints the habits and thought patterns he believes frequently threaten relationships. His ideas are not new and his main message is familiar: at the bottom of most troubles lies a lack of communication. He maintains that partners fall into accusatory modes of thinking that block attempts at harmony, and he suggests some insightful strategies for "blending" problems into a relationship. What most invigorates this book, though, is Wile's firm grasp and display of sensitive psychological points between partners—the fear of abandonment and of being taken for granted, the resentment of domination, dependency and boredom that, in fact, are the roots of many conflicts. Those willing to wade through the recurrent pattern of theory and example that guides Wile's writing will find a commonsensical approach to relationships and a healthy pep talk that may get them started toward better times. Wile wrote *Couples Therapy*.

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Users Review

From reader reviews:

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