



## 10 Lifesavers for Every Couple: Help and Hope When Your Relationship Hits a Rough Spot

*David Hawkins*

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**10 Lifesavers for Every Couple: Help and Hope When Your Relationship Hits a Rough Spot** David Hawkins

Nearly all couples experience seasons of relational stress. But as clinical psychologist David Hawkins shows, these times are predictable and manageable. In fact, they can even lead to positive changes and renewed growth.

This easy-to-read handbook highlights important warning signals, helping readers avoid many serious consequences of relational trouble. Couples will discover how to call a truce, create stability, and reestablish trust. They'll also learn to...

- explore the causes of conflict, including longstanding patterns and recent trauma
- humbly and honestly commit to the process of change
- eliminate barriers to growth, such as denial, shortcuts, and simplistic solutions
- identify and build on good things in the relationship
- develop new skills for communication and conflict resolution

Packed with biblical wisdom and practical information from the counseling office, *10 Lifesavers for Every Couple* affirms the value of marriage and empowers couples to grow through their times of crisis.

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