



# Getting the Love You Want: A Guide for Couples

By Harville Hendrix

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## Getting the Love You Want: A Guide for Couples By Harville Hendrix

The bestselling guide to transforming an intimate relationship into a lasting source of love and companionship., with a new foreword and chapter from the author

In *Getting the Love You Want*, Dr. Harville Hendrix presents the relationship skills that have already helped hundreds of thousands of couples to replace confrontation and criticism with a healing process of mutual growth and support. This extraordinary practical guide describes the revolutionary technique of Imago Relationship Therapy, which combines a number of disciplines--including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, among others-- to create a program to resolve conflict and renew communication and passion.

*Getting the Love You Want* describes the three stages of intimate relationships, provides illustrative case studies and gives helpful recommendations to overcome the obstacles in those stages to create a stronger bond between couples. First, he chronicles the stages of most relationships--attraction, romantic love and the power struggle--and suggests ways for partners to identify the conflicts associated with each of them. Then, he explores methods for achieving a "Conscious Marriage," where the early phases of romance are rekindled and confrontation is slowly replaced by growth and support. Finally, Dr. Hendrix incorporates these ideas into a unique therapeutic course, offering a series of proven exercises that lead to insight, resolution and revitalization. Step by step, he describes how to communicate with greater accuracy and sensitivity, how to let go of self-defeating behaviors, and how to focus energy on meeting each partners' needs.

With *Getting the Love You Want* couples in any stage of a relationship can resolve their conflicts and achieve mutual emotional satisfaction.

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## Getting the Love You Want: A Guide for Couples By Harville Hendrix Bibliography

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### Editorial Review

#### Amazon.com Review

When Harville Hendrix writes about relationships, he discusses them not just as an educator and a therapist, but as a man who has himself been through a failed marriage. Hendrix felt the sting of his divorce intensely because he believed it signaled not only his failure as a husband but also his failure as a couples counselor. Investigating why his marriage dissolved led him to start looking into the psychology of love. Marriage, he ultimately discovered, is the "practice of becoming passionate friends."

As a result of his research, Hendrix created a therapy he calls Imago Relationship Therapy. In it, he combines what he's learned in a number of disciplines, including the behavioral sciences, depth psychology, cognitive therapy, and Gestalt therapy, to name just a few. He expounds upon this approach in *Getting the Love You Want: A Guide for Couples*. His purpose in writing the book, he says, is "to share with you what I have learned about the psychology of love relationships, and to help you transform your relationship into a lasting source of love and companionship."

Divided into three sections, the book covers "The Unconscious Marriage," which details a marriage in which the remaining desires and behavior of childhood interfere with the current relationship; "The Conscious Marriage," which shows a marriage that fulfills those childhood needs in a positive manner; and a 10-week "course in relationship therapy," which gives detailed exercises for you and your partner to follow in order to learn how to "replace confrontation and criticism ... with a healing process of mutual growth and support." The text is occasionally dry and technical; however, the information provided is valuable, the case studies are interesting, and the exercises are revealing and helpful. By utilizing his program, Hendrix hopes you too will be able to solve your marital difficulties without the expense of a therapist. --Jenny Brown

#### Review

"*Getting the Love You Want* is a remarkable book--the most incisive and persuasive I have ever read on the knotty problems of marriage relationships."--Ann Roberts, Former President, Rockefeller Family Fund

"Harville Hendrix offers the best program I've seen for using the love/hate energy in marriage to help a couple heal one another and to become whole together."--T. George Harris, Editor-in-Chief, *American Health* magazine

"This book will help any couple find the love they want hidden under all the concealing confusion of a close and intimate relationship. I have seen these principles in application and they work!"--James A. Hall, M.D.

#### About the Author

**Harville Hendrix, Ph.D.**, has more than 30 years' experience as an educator and therapist. He specializes in working with couples in private practice, teaching marital therapy to therapists, and conducting couples workshops across the country. Dr. Hendrix is the founder/director of the IMAGO Institute for Relationship Therapy. He lives in New Jersey and New Mexico.

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**Clemencia Torres:**

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**Philip Edwards:**

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