Table of Contents

Introduction

1	Prisoners	٦.	CL:1	111		1
1.	Prisoners	OI :	Canii	anc	oa -	- 1

- 2. Picking a Partner:
 There's more than meets the eye 21
- 3. Falling Out of Love 31
- 4. Coping, Copping Out, or Closing Down? 43
- 5. Ways to Sabotage Your Relationship: Faulty engagement 51
- 6. A Couple in Conflict 65
- 7. Making It Work:
 A general overview 75
- 8. Specific Steps for Obtaining Change 93
- 9. Some Do's and Don'ts 109
- 10. Common Struggles 129
- 11. The Traditional Marriage 159