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The 7 Best Things Happy Couples Do...plus one

John Friel Ph.D., Linda Friel M.A.

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Psychologists and best-selling authors John and Linda Friel have written an enormously readable and infinitely practical book that delves into what makes a relationship enduringly successful. Wherever readers are in their own relationships, this book can improve those relationships dramatically, bringing them immediate and lasting benefits.

In the tradition of their bestseller, *The 7 Worst Things (Good) Parents Do*, the authors examine the behaviors that happy, effective couples display continually. After careful investigation, the Friels synthesized years of clinical work into a manageable list of the most significant patterns of behavior couples must address and embrace if they want to become truly great couples. Recognizing that other patterns and behaviors certainly do exist, when patients come the Friels for help, the core issues illustrated in this book are discussed as the couples move boldly toward improving their relationships-with consistently outstanding results.

The authors found that they had not seven, but eight, key items to identify. Here are a few:

- Be Sexual
- Be Willing To Divorce
- Manage Your Fear, Hurt, Shame, And Loneliness
- Own Your Part (be responsible for creating a great relationship)

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Cynthia Harvell:

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