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Developing Habits for Relationship Success

A Step-By-Step Guide for Improving Your Relationship

Over the past thirty years, groundbreaking studies on the relationships of couples have identified specific interpersonal habits necessary for relationship success. This workbook details each of these crucial interpersonal habits and offers dozens of guidelines and exercises for helping relationship partners implement them.

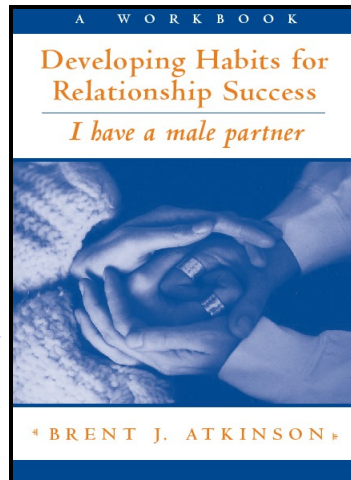
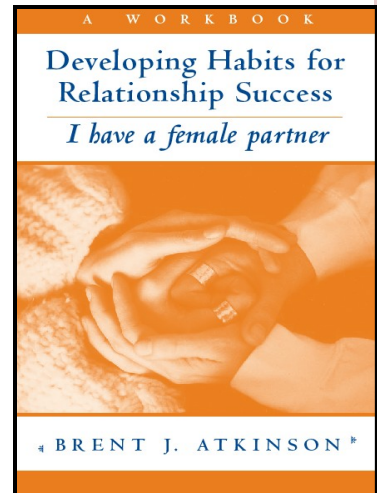
Your workbook will be personalized, so that your partner's name will be entered into all of the exercises and worksheets. Then, it will be sent to your email account as a pdf file, so that you can print specific exercises — or the whole workbook — as many times as you want.

Bonus!

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Mental Health Professionals:

Call 630-232-7457 x-115 to set up an account that will allow you to order personalized workbooks for your clients with a simple email or phone call and have them sent out within one business day.



Dr. Atkinson's ideas about relationships have received academic accolades and have also appeared in the *Oprah Magazine*, the *Washington Post*, *Cosmopolitan*, and other magazines. He is a senior graduate faculty member at Northern Illinois University and co-founder of the Couples Clinic, home of an innovative team of therapist/educators who have pioneered new methods for improving relationships.

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