



## Reconcilable Differences

*Andrew Christensen, Neil S. Jacobson*

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## **Reconcilable Differences** Andrew Christensen, Neil S. Jacobson

Every couple has arguments, but what happens when recurring battles begin to feel like full-scale war? Do you retreat in hurt and angry silence, hoping that a spouse who "just doesn't get it" will eventually see things your way? Spend the time between skirmishes gathering evidence that you're right? Demand some immediate changes--or else? Whether due to innate personality traits or emotional vulnerabilities, there are some aspects of our behavior that are difficult to alter. But these differences do not have to get in the way of healthy, happy, and long-lasting romance. This practical guide offers new solutions for couples frustrated by continual attempts to make each other change. Aided by thought-provoking exercises and lots of real-life examples, readers will learn why they keep having the same fights again and again; how to keep small incompatibilities from causing big problems; and how true acceptance can restore health to their relationships.

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