



# Creating Happy Relationships

*Richard Nelson-Jones*

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**Creating Happy Relationships** Richard Nelson-Jones

'Relate counsellors interested in extending their learning about cognitive therapy will find this manual a comprehensive guide'- *Jan Hobbs, Relate News*

'An easy-to-read, comprehensive text which provides a practical guide to skills for starting, maintaining and cultivating successful relationships, whether of opposite sexes or the same sex' - *The Australian Journal of Counselling Psychology*

**Creating Happy Relationships** is written in a comfortable non-academic style, using simple everyday English, and incorporates recent research and theory. In addition to many vignettes of partners creating and cultivating happiness there are plenty of practical activities for improving partner skills. This book is a major resource for prospective partners, couples, for marriage preparation and counselling courses, and human communication and relationship education courses in schools, colleges and universities.

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