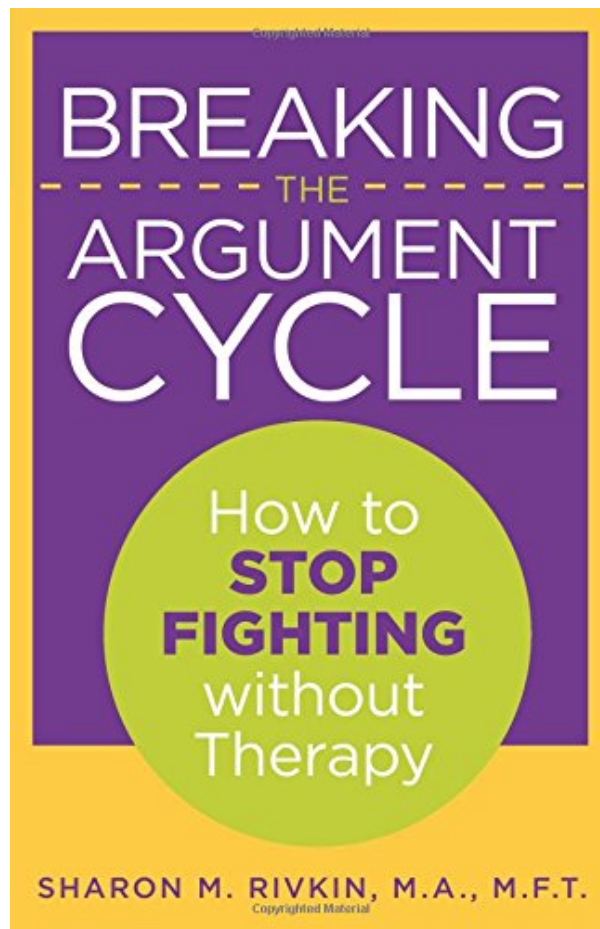
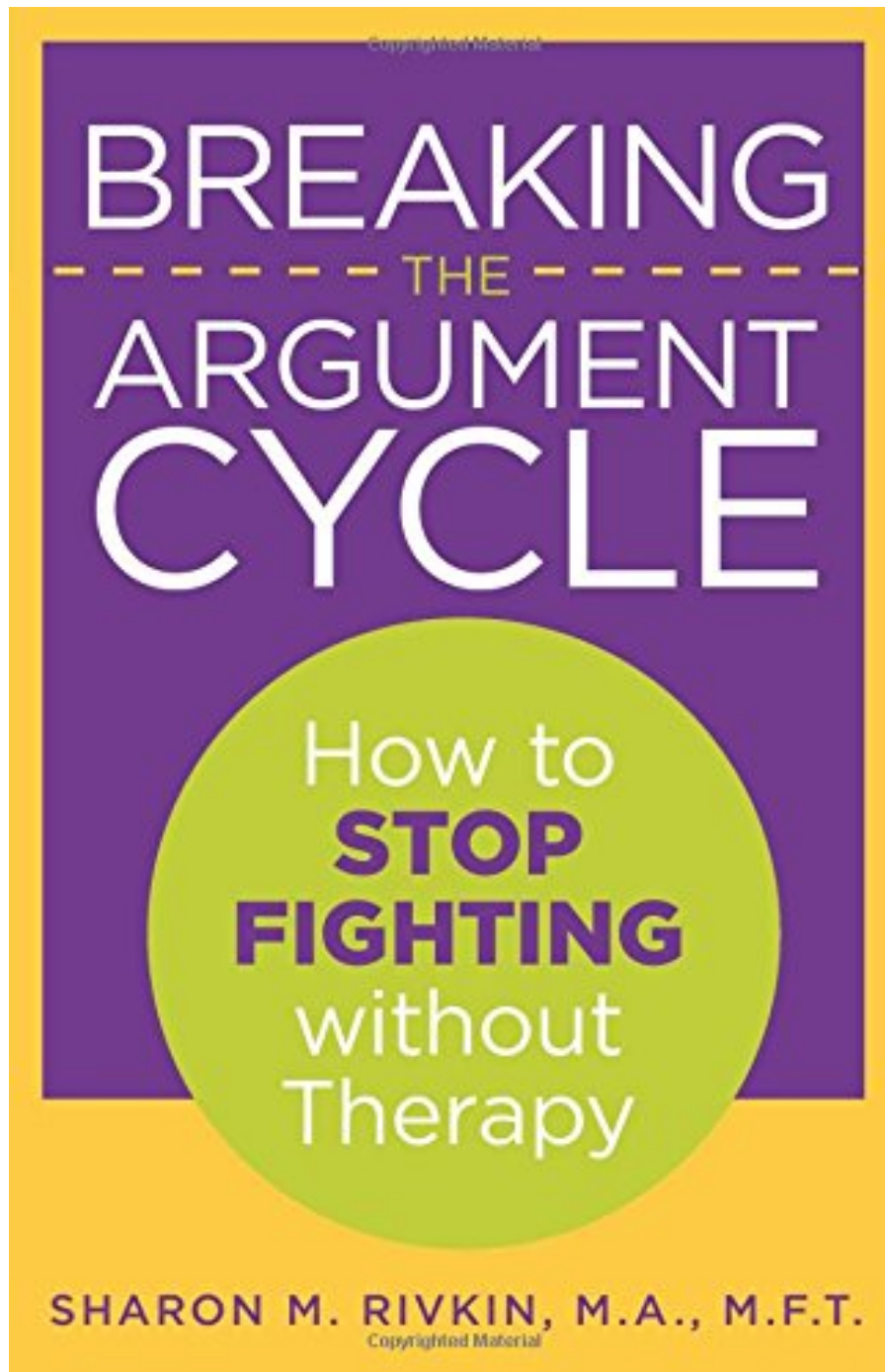


**BREAKING THE ARGUMENT CYCLE: HOW
TO STOP FIGHTING WITHOUT THERAPY
BY SHARON RIVKIN**



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From the Back Cover

Revealing where the real conflict lies in a relationship—and resolving it once and for all

“What’s the big deal? I don’t know why you’re so upset.

All I said was . . .”

Sound familiar? Breaking the Argument Cycle is a book for all those who’ve ever found themselves arguing with their significant other, again and again, about money, sex, or even a seemingly trivial topic—when, at its core, the conflict is about something completely different. As a longtime marriage and family therapist, Sharon Rivkin has helped hundreds of couples fix their relationships by understanding why they fight. Here, she shows how anyone can use the tools of therapy to break the cycle of destructive fighting, namely, by resolving the core issues of early arguments, which have their roots in childhood and are repeated over time.

Presenting case histories compiled from her years as a therapist, as well as easy exercises, Rivkin sets forth a simple, three-step process—Peel, Reveal, Heal—to empower couples to identify and then resolve their core issues themselves, shedding light on what they’re really arguing about. This is followed up with healing exercises. By thus breaking the argument cycle, confusion and chaos turn into clarity and healing—and everyone can learn how and why they get hooked into an argument, how to unhook, and how to develop lasting tools to turn conflict into intimacy . . . even after years of fighting.

About the Author

Sharon M. Rivkin, M.A., M.F.T., a conflict resolution expert and licensed marriage and family therapist, has been in private practice for almost thirty years.

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Presenting real-life stories and easy exercises, Rivkin sets forth a simple, three-step process—Peel, Reveal, Heal—to empower couples to identify and then resolve their core issues themselves, shedding light on what they're really arguing about. This is then followed up with healing exercises. By thus breaking the argument cycle, confusion and chaos turn into clarity and healing—and everyone can learn how and why they get hooked into an argument, how to unhook, and how to develop lasting tools to turn conflict into intimacy . . . even after years of fighting.

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Most helpful customer reviews

5 of 6 people found the following review helpful.

A must-have resource for all couples!

By Anne Mattos-Leedom

Research shows repeatedly that a harmonious relationship is crucial to raising happy, healthy, caring kids. However, anyone who has been in a long term relationship knows that arguments and conflicts do happen and if they are not resolved and dealt with productively they all too often lead to anger, hurt and ultimately divorce. Author and therapist Sharon Rivkin provides the crucial resource all parents need to unlock the secrets in the ongoing cycle of arguing that can destroy your family. Arguments can be healthy and are a normal part of a relationship, however we often get into a cycle of arguing about the same thing over and over again. Rivkin provides cutting edge tools that will help you break open the cycle permanently and actually heal and resolve conflicts. The result is a stronger, happier and healthier relationship and in the long run, much happier children who will in turn bring these valuable tools into their own lives when they grow up. I highly recommend that her book, *Breaking the Argument Cycle: How to Stop Fighting Without Therapy* be on every parent's nightstand and that you incorporate her strategies starting today. You will be amazed at how these strategies can truly change lives.

1 of 1 people found the following review helpful.

Arrest Destructive Patterns

By Brad

25 years later we still argue with the very same patterns that characterised our first 'blip' as a young couple. This book encourages us to look below the content of the many disputes that naturally enough exist with any couple, and to see the real, and most importantly, the repeating cycle. We are then equipped to focus on ourselves and to make the changes necessary.

1 of 1 people found the following review helpful.

Five Stars

By Amazon Customer

Definitely changes your perspective on how to argue... and how to resolve your issues..

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