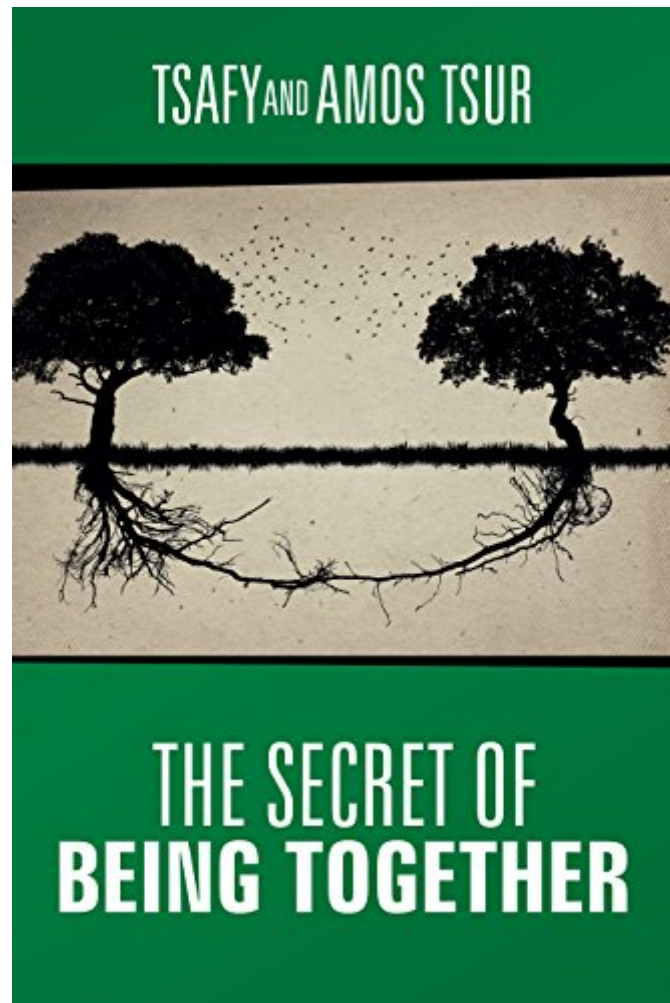




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The Secret Of Being Together



Synopsis

It's time to address your problems as a couple. Learn about a unique type of couples therapy as you embark on a fascinating journey through the world of couplehood. Become more familiar with your own relationship, improving and enriching it, as you find answers to the questions that have been troubling you. Take your relationship to a higher and brighter place. Peek into the journeys of other couples. Each chapter describes the work of a different couple grappling with its own problems: in the sexual arena, demons of the past that threaten to overwhelm them, emotional intimacy, and addiction. You will be made to feel as if you are sitting in the treatment room with them, accompanying them on their journey, while simultaneously meeting and treating yourselves. Peek into the journeys of other couples, together with your partner, and then look inward at your own shared experiences. Be guided by the eclectic approach of top professionals. On the Israeli bestseller list and enjoying critical acclaim from professionals in the field of couples counseling, the authors of *The Secret of Being Together* specialize in combining the conscious, sub-conscious, imagination, images, hypnosis, creation, energy, and intuition as well as the principles of Buddhism and psychology in their therapy work. Get your copy of *THE SECRET OF BEING TOGETHER* now!

Book Information

File Size: 2645 KB

Print Length: 267 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 21, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071FZF7SZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #22,533 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Family #10

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Transformational #14 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Education & Training

Customer Reviews

Marriage is an institution almost as old as the civilization. It is the bedrock of the society and smallest unit of it. The couple take wedding vow before. "To have and to hold from this day forward, for better or worse, in sickness and in health, for richer or poorer, until death do us part." Then why there are cases of divorce and the marital discord? Does people fall out of love, become infidel, become enemies and decide to separate from each other. This has disastrous consequence for them and children. It is also bad for society. So can something be done to reverse this? Amos and Tsafy Tzur are marriage counseling couple. Their approach is friendly and they learn as the counsel. The book has many new insights as reproduced below:

1. We came across words that appeared over and over: Journey. Consciousness. Unconsciousness. Choice. Past. Present. Future. Dream. Only in the course of time did we realize to what extent these words represent our, "I believe," within our therapeutic work with couples.
2. We chose to conclude the session by relating to another one of Renee's statements: "I just don't have any more strength to keep on going, I'm depressed. Depression," we said, "is not the right state to be in to make decisions that imply drastic changes. It is advisable first to relieve the depression, to go back a few steps and think things through, and only then can you make a sound decision. Depression is like a drop of ink that colors an entire glass of water. It stains life black and it prevents us from acknowledging the fact that there are other colors as well."
3. "From our experience, we've seen that when a couple understands and ascribes to the idea that the relationship is the one who comes to therapy, it constitutes a leap forward in their journey. It is a stage when the partners stop arguing, struggling, accusing each other, or fighting about who is right. Instead of this, they mobilize themselves toward saving and nurturing the relationship that they both want."
4. "In times of doubt, there is a tendency to simultaneously press the gas pedal as well as the brake pedal," meaning drawing closer to one another and once again growing apart.
5. Quite often, we have noticed that when we liberate people from the need to know, and we suggest that they listen rather than think, they are suddenly able to hear things that they wouldn't have thought of at all a minute or two before.
6. We've heard such words from many other couples: "A man will give love to get sex, and a woman will give sex to get love. Sherry wouldn't have sex

because she wasn't getting any love, and Dylan wouldn't give love because he wasn't getting any sex. They were trapped in a vicious circle that had entailed years of estrangement, distancing, and a sense of loneliness for both of them. The dispute between sex and intimacy was the main issue they had chosen to discuss. They stood on opposite sides, and they were engaged in a war—the war of the sexes—the battle of sexuality versus intimacy. The book is very good for couples whose marriage is under rough weather. They may gain a new perspective about the marriage. The book gives some good tips about solving the discords and seeing things from others' perspective. Still the book becomes theoretical many a times. Also I feel therapy is a process where human interaction is required and it can't be done by reading a book. Still the book can be a good starting point. Recommendation and rating: I would recommend it to couples whose marriage is going through a tough time. I give the book 3/5 stars.

The Secret of Being Together is a collection of stories from Tsafy and Amos, a couple who work as therapists for couples together which in itself is a rather unique set up. They relate several different common themes in their practice by using a story of a particular couple they have counseled who dealt with that particular theme. The authors share their story as well in this collection and how they have used their own therapy techniques to work through things in their marriage. The introduction stated that the authors hoped this work would help other couples to explore their own relationships and improve upon them as they read the stories in the book. I think this would be a helpful book for anyone studying psychology or social work that plans on going into some form of counseling. The techniques used in the book might almost appear Freudian at first glance but they envelope a lot of Eastern philosophy and spirituality methods upon further examination. The book followed around ten different couples who dealt with different problems and concerns through all different aspects of intimate relationships and was really fascinating to read. Some of the cases may seem a bit out there because of the techniques that are used such as past life hypnosis, guided imagery techniques, and even art therapy. This is not a simple behavior modification approach and at first I found that a little hard to swallow; however the end of the book addressed this and I have come to agree with what was said, that is that love is an abstract concept that will require different methods of analysis besides a simple behavior modification approach. The most important part, no matter what theoretical orientation the practitioner follows, is that the couples found value and healing through the therapy provided and even made light that the author's set up of a married couple counseling couples is a valued method that requires more attention and should perhaps be a more common approach. The book itself is well written and excellently presented. I am going to rate

this book a five but I originally started to give it a four. I have realized that my bias has nothing to do with the actual writing or logic of this book but simply my uneasiness with some of the methods and discussions that occurred in the therapy which should be a non-issue because they were done professionally and were helpful to the couple using them. I think some readers may find these techniques and topics to be quackery or too abstract to appreciate and therefore turn away from them. Having studied psychology and social work I hope readers and professionals can really put that aside to benefit from reading this work. Lastly I am not sure this book will really be helpful for couples who are reading it. I've bounced that idea back and forth and due to the nature of the techniques I feel it would be best done in a therapy session with professionals however I think this book has the potential to start conversations between couples and maybe help them to more define their issues. I believe this simply because I can't imagine a couple in distress being able to employ the methods discussed in the book but I do believe the book can lead more couples to be open to explore their problems in a safe setting. Perhaps couples that simply want to grow more in an area would find this book beneficial. Therefore I not only recommend this book for anyone in counseling but also for those who want to grow their relationships and improve them.

This book is about couples therapy without the third person. If you wish to work out your things together alone as a couple this is for you. It talks about the sex aspect of marriage. Everything from flings to cybersex and so on. It covers compatibility and love. Also one thing I loved about it was it talked about loving yourself. Most people have the issue where they feel alone if actually alone. The trick is you have to love and be comfortable with yourself before you be in a relationship. Its harder to deal with another person being added into the mix if you are not able to deal with yourself before becoming a couple. Also letting go of the past (I myself had the hardest time doing this part before I could get married). It really told you something about everything so you had a well rounded idea of what to expect and how to work through issues later on. This would be a good book to read as a couple before marriage as well as during. I think I will pass this along to a couple I know in need of lots of help. I received copy of this book at no cost to the author

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