

sarah and lauren couples therapy

sarah and lauren couples therapy is a specialized approach designed to help couples like Sarah and Lauren navigate relationship challenges, improve communication, and foster a deeper emotional connection. In today's fast-paced world, many couples face unique hurdles that can strain even the strongest partnerships. This article provides a comprehensive overview of what couples therapy entails, focusing on the tailored needs of same-sex couples such as Sarah and Lauren. Readers will discover the core principles behind effective therapy, the various techniques used by professional therapists, and the key benefits that couples can expect. Additionally, the article explores common issues addressed in couples therapy, what to expect during sessions, and practical tips for selecting the right therapist. Whether you're considering therapy for the first time or seeking to deepen your understanding, this guide offers valuable insights into how couples therapy can transform relationships. Continue reading to learn how Sarah and Lauren couples therapy can help you and your partner strengthen your bond and overcome obstacles together.

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Understanding Sarah and Lauren Couples Therapy

Sarah and Lauren couples therapy refers to a relationship counseling approach specifically tailored for couples who identify with the unique dynamics and experiences of same-sex partnerships. While the fundamental goals of couples therapy—improving communication, resolving conflicts, and fostering intimacy—are consistent across all relationships, Sarah and Lauren couples therapy places special emphasis on inclusivity, cultural competence, and

respect for diverse identities. Therapists working in this field are often trained to recognize and address the specific challenges faced by same-sex couples, such as societal pressures, family acceptance, and navigating legal or social obstacles. This approach ensures that both partners feel heard, validated, and empowered to work together toward a healthier relationship.

Core Principles of Effective Couples Therapy

The foundation of any successful couples therapy, including Sarah and Lauren couples therapy, is built on several core principles. These guiding elements help create a safe and supportive environment for both partners to express themselves openly and honestly. Understanding these principles can help couples make the most of their therapeutic experience.

Confidentiality and Trust

Confidentiality is paramount in couples therapy. Therapists are committed to maintaining privacy so that Sarah and Lauren feel safe sharing personal thoughts and emotions. Trust between therapist and clients is essential for honest dialogue and meaningful progress.

Nonjudgmental Support

An effective therapist offers nonjudgmental support, ensuring both partners feel respected regardless of their backgrounds, identities, or experiences. This inclusive approach is particularly important in Sarah and Lauren couples therapy to address potential sensitivities and foster acceptance.

Empowerment and Collaboration

Therapy is a collaborative process. Both Sarah and Lauren are encouraged to participate actively in sessions, set goals together, and take ownership of positive changes. Empowerment helps build mutual respect and shared responsibility for the relationship's growth.

- Confidentiality and privacy
- Nonjudgmental and inclusive environment
- Empowerment and shared goal-setting

- Active listening and open communication

Common Issues Addressed in Couples Therapy

Sarah and Lauren couples therapy helps address a range of relationship challenges, many of which are common to all couples, while some are unique to same-sex partnerships. Understanding these issues can help couples identify when therapy may be beneficial.

Communication Barriers

Effective communication is the cornerstone of a healthy relationship. Couples therapy assists Sarah and Lauren in identifying unhelpful patterns, improving listening skills, and expressing feelings or needs without conflict.

Conflict Resolution

Disagreements are natural in any relationship. Therapy teaches practical conflict resolution strategies, enabling couples to resolve differences constructively and prevent escalation.

Intimacy and Emotional Connection

Maintaining emotional and physical intimacy can be challenging over time. Therapy explores underlying issues that may impact closeness and offers tools for rebuilding intimacy and strengthening the bond between Sarah and Lauren.

Family and Social Acceptance

Same-sex couples sometimes face external pressures related to family acceptance or societal attitudes. Therapy provides support for navigating these complexities and developing resilience as a couple.

1. Communication difficulties and misunderstandings
2. Frequent arguments or unresolved conflicts
3. Lack of intimacy or emotional distance

4. Family or societal pressures
5. Trust issues or infidelity
6. Major life transitions or stressors

Therapeutic Techniques and Methods

Sarah and Lauren couples therapy utilizes evidence-based techniques to help couples achieve their goals. Therapists may draw from various modalities depending on the couple's unique needs and preferences.

Cognitive-Behavioral Therapy (CBT)

CBT focuses on identifying and changing negative thought patterns and behaviors. In couples therapy, this approach helps Sarah and Lauren understand how their beliefs or actions influence the relationship dynamic and teaches healthier alternatives.

Emotionally Focused Therapy (EFT)

EFT is designed to enhance emotional connection and security between partners. Therapists guide Sarah and Lauren in exploring emotional responses, fostering empathy, and creating strong attachment bonds.

Imago Relationship Therapy

Imago therapy emphasizes understanding each partner's background and emotional triggers. It helps Sarah and Lauren recognize recurring patterns and learn new ways to connect and communicate.

Gottman Method

The Gottman Method is rooted in decades of relationship research. It provides practical tools for improving communication, managing conflict, and increasing intimacy, making it a popular choice for couples like Sarah and Lauren.

What to Expect During a Couples Therapy Session

Couples who are new to therapy often wonder what a typical session entails. Sarah and Lauren couples therapy sessions are structured to maximize comfort and progress while ensuring both partners have equal opportunities to participate.

Initial Assessment and Goal Setting

The first session usually involves an assessment of the relationship's strengths and challenges. The therapist works with Sarah and Lauren to set clear, achievable goals for therapy, ensuring both partners feel invested in the process.

Structured Conversation and Exercises

Sessions typically include guided conversations, skill-building exercises, and homework assignments. These activities focus on practical improvements in communication, problem-solving, and emotional connection.

Progress Evaluation

Therapists regularly review progress with Sarah and Lauren, adjusting strategies as needed to ensure goals are being met and both partners are satisfied with the therapy experience.

Benefits of Sarah and Lauren Couples Therapy

Participating in couples therapy offers numerous advantages for partners seeking to strengthen their relationship. The benefits extend beyond resolving immediate issues and can have long-term positive impacts.

- Improved communication and understanding
- Healthier conflict resolution skills
- Greater emotional and physical intimacy
- Increased trust and mutual respect

- Enhanced resilience to external pressures
- Tools for ongoing relationship growth

Sarah and Lauren couples therapy empowers couples with practical skills and insights, leading to more fulfilling and harmonious partnerships.

Choosing the Right Therapist for Your Relationship

Selecting an experienced and culturally competent therapist is crucial for a successful therapy experience. Couples should consider several factors when searching for the right professional to guide their journey.

Qualifications and Experience

Look for therapists who are licensed, have specialized training in couples counseling, and demonstrate experience working with same-sex couples or diverse relationships.

Therapeutic Approach

Consider which therapy modalities resonate with you and your partner. Discuss preferred approaches with potential therapists to ensure a good fit.

Cultural Sensitivity and Inclusivity

Sarah and Lauren will benefit from a therapist who is respectful of their identities and knowledgeable about the unique challenges LGBTQ+ couples may face.

Practical Tips for Success in Couples Therapy

Maximizing the benefits of couples therapy requires commitment and active participation from both partners. Here are practical suggestions for making the most of your experience.

- Approach therapy with an open mind and willingness to change
- Attend sessions consistently and on time
- Be honest and transparent with your partner and therapist
- Practice new skills and strategies outside of sessions
- Celebrate progress and acknowledge each other's efforts

By following these guidelines, Sarah and Lauren can create a strong foundation for long-lasting relationship growth and satisfaction.

Frequently Asked Questions about Sarah and Lauren Couples Therapy

Q: What is Sarah and Lauren couples therapy?

A: Sarah and Lauren couples therapy is a specialized form of relationship counseling designed to address the unique needs of same-sex couples, focusing on improving communication, resolving conflicts, and strengthening emotional bonds.

Q: How can couples therapy benefit same-sex couples like Sarah and Lauren?

A: Couples therapy can help same-sex partners develop healthier communication skills, navigate societal and family challenges, increase intimacy, and provide tools for long-term relationship success.

Q: What issues can be addressed in Sarah and Lauren couples therapy?

A: Issues include communication barriers, conflict resolution, intimacy concerns, trust issues, family acceptance, and managing external pressures or discrimination.

Q: What therapeutic approaches are commonly used in couples therapy?

A: Common approaches include Cognitive-Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), Imago Relationship Therapy, and the Gottman Method, all of which provide evidence-based tools for relationship improvement.

Q: How long does couples therapy typically last?

A: The duration varies depending on the couple's needs and goals, but most couples attend sessions weekly or biweekly for several months, with progress reviewed regularly.

Q: What should couples expect during their first therapy session?

A: The first session generally includes an assessment of relationship strengths and challenges, goal setting, and a discussion of therapy expectations and confidentiality.

Q: How do Sarah and Lauren find the right therapist?

A: Couples should seek licensed professionals with experience in couples counseling and a demonstrated understanding of LGBTQ+ issues and inclusivity.

Q: Is couples therapy confidential?

A: Yes, therapists are bound by confidentiality agreements, ensuring that all discussions remain private and secure.

Q: Can couples therapy help with family acceptance issues?

A: Absolutely. Therapists can provide support and strategies for coping with family dynamics and societal pressures, promoting resilience and unity within the couple.

Q: What are some signs that Sarah and Lauren should consider couples therapy?

A: Signs include frequent arguments, communication difficulties, loss of intimacy, trust issues, or significant life transitions causing stress in the relationship.

Sarah And Lauren Couples Therapy

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Sarah and Lauren Couples Therapy: Finding Your Path to a Stronger Relationship

Are you Sarah and Lauren, navigating the complexities of a relationship and seeking professional guidance? Or perhaps you're searching for a therapist specializing in LGBTQ+ relationships, and the names Sarah and Lauren resonated with your search. This blog post delves into the crucial aspects of finding effective couples therapy, particularly for same-sex couples, offering insights into what to look for in a therapist and how to make the most of your sessions. We'll explore the unique challenges faced by LGBTQ+ couples and highlight the importance of finding a therapist who understands and supports your journey.

Understanding the Needs of LGBTQ+ Couples in Therapy

Many LGBTQ+ couples face unique challenges in their relationships that differ from those experienced by heterosexual couples. These can include:

Societal Stigma and Discrimination: The constant societal pressure and potential for discrimination can significantly impact relationship dynamics and create additional stress. A therapist who understands this context is invaluable.

Family Acceptance: Gaining acceptance from family and friends can be a major source of conflict and require specific therapeutic approaches.

Legal and Financial Complexities: Navigating legal issues surrounding partnership, adoption, or inheritance can strain relationships and necessitate specialized guidance.

Intersectionality: The intersection of sexual orientation with other identities (race, ethnicity, gender identity, etc.) further complicates the challenges faced by many couples. A therapist sensitive to intersectionality is critical.

Finding the Right Therapist for Sarah and Lauren (or any Couple)

Finding the right therapist is a crucial first step. Don't settle for the first name you see; take your

time to research and consider several factors:

Specialization: Look for a therapist with experience working with same-sex couples. This experience ensures they understand the specific issues you may face. The therapist's website or professional directory listing should explicitly state this specialization.

Therapeutic Approach: Different therapists use different approaches (e.g., Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), Gottman Method). Research these approaches and find one that aligns with your preferences and needs.

Cultural Sensitivity and Inclusivity: Ensure the therapist creates a safe and welcoming environment where you feel comfortable being yourselves. Read reviews and testimonials to gauge the therapist's approach to diversity and inclusion.

Insurance Coverage: Check your insurance provider's network to see which therapists are covered. This can significantly reduce the financial burden of therapy.

Comfort and Connection: Schedule an initial consultation to meet the therapist and determine if you feel comfortable and able to build a trusting relationship. This initial connection is key to the success of therapy.

Beyond Sarah and Lauren: Broadening the Search for LGBTQ+ Couples Therapy

While the initial search may focus on therapists specifically named Sarah and Lauren (or similar), remember that the most crucial aspect is finding a qualified and compassionate therapist experienced in working with LGBTQ+ couples. Utilize online directories, LGBTQ+ community resources, and recommendations from trusted sources to broaden your search beyond names.

Making the Most of Your Couples Therapy Sessions

Once you've found the right therapist, maximize your sessions by:

Active Participation: Be actively involved in the process. Share your feelings honestly and openly.

Homework Assignments: Complete any homework assignments given by your therapist. These exercises are designed to reinforce the progress made during sessions.

Open Communication: Maintain open and honest communication with your partner, both inside and outside of therapy sessions.

Patience and Persistence: Therapy is a journey, not a quick fix. Be patient with yourselves and the process. Progress may be gradual, but consistent effort is key.

Self-Reflection: Take time to reflect on the sessions and how the insights gained are impacting your relationship.

Conclusion

Finding the right couples therapy, especially for same-sex couples like Sarah and Lauren, requires careful consideration. Prioritize finding a therapist who understands the unique challenges you face, uses an approach that resonates with you, and creates a safe and supportive environment. By

actively participating in therapy and maintaining open communication, Sarah and Lauren (and any couple) can strengthen their relationship and build a more fulfilling future together.

FAQs

1. Are all therapists equally equipped to handle LGBTQ+ relationship issues? No. While many therapists are compassionate and well-intentioned, it's essential to find one with specific training and experience in working with same-sex couples to ensure they understand the unique challenges and dynamics involved.
2. How often should Sarah and Lauren attend couples therapy sessions? The frequency of sessions depends on the couple's needs and the therapist's recommendation. It can range from weekly to monthly sessions.
3. What if Sarah and Lauren disagree on attending therapy? One partner's reluctance to engage in therapy shouldn't discourage the other from seeking help. Individual therapy can be beneficial for addressing personal issues that affect the relationship.
4. Is couples therapy expensive? The cost of couples therapy varies depending on the therapist's fees and insurance coverage. Many therapists offer sliding-scale fees or payment plans to make therapy accessible.
5. How long does couples therapy typically last? The duration of therapy varies significantly depending on the couple's goals and progress. Some couples may see results in a few months, while others may require longer-term therapy.

sarah and lauren couples therapy: Money on Your Mind Vicky Reynal, 2024-05-09 Do you find it difficult to stick to a budget? Do you hide purchases from your partner? Do you often argue about money with your family? One of the most important relationships we have is with money, yet we are often unaware of what drives our habits and feelings related to it. Money can be a cause of anxiety, shame and conflict in our everyday lives. A complex web of emotional factors, past experiences and personality all determine the money choices you make and how you feel about them. But how can you overcome these emotional hurdles to make better financial choices? Financial Psychotherapist Vicky Reynal dives into different money behaviours such as overspending, underspending, money secrets and self-sabotage to uncover how our past experiences impact our relationship with money. Reynal reveals how an emotionally absent parent can result in comfort shopping, how bullying in school can lead to overspending, and how absorbing a parent's lack of boundaries can stop you from making rational financial decisions. Through a mix of case studies, client stories and expertise in psychotherapy, *Money on Your Mind* will help you unpack and understand what is driving your financial behaviours for an improved and healthier relationship with money.

sarah and lauren couples therapy: Notes from Your Therapist Allyson Dinneen, 2021-06-10 Daily inspiration in the form of hand-written notes on emotions, emotional intelligence and relationships, from therapist Allyson Dinneen, who has over 340k followers on her hit Instagram account @notesfromyourtherapist For anyone in need of a daily dose of affirmation and empathy, therapist and mental health counsellor Allyson Dinneen shares this collection of artful and

beautifully photographed hand-written insights, based on her popular Instagram account. This beautifully presented hardcover book contains one simple and practical handwritten insight per page, making Allyson's deeply human words easy to come back to again and again. These bite-sized words of wisdom cover everything from setting boundaries and navigating relationships to how to take good care of yourself. As she does in her practice, through these notes Allyson seeks to cultivate emotional well-being, recognize the struggle of being human, and offer a nurturing, compassionate perspective.

sarah and lauren couples therapy: The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-10-11 The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

sarah and lauren couples therapy: The Angry Therapist John Kim, 2017-04-18 Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

sarah and lauren couples therapy: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not

necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

sarah and lauren couples therapy: *If He Had Been with Me* Laura Nowlin, 2013-04-02 If he had been with me everything would have been different... I wasn't with Finn on that August night. But I should've been. It was raining, of course. And he and Sylvie were arguing as he drove down the slick road. No one ever says what they were arguing about. Other people think it's not important. They do not know there is another story. The story that lurks between the facts. What they do not know—the cause of the argument—is crucial. So let me tell you...

sarah and lauren couples therapy: *Couples Therapy Workbook* Kathleen Mates-Youngman, LMFT, 2014-10-01 *Couples Therapy Workbook* is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation). Week 1- Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy, Emotional Intimacy, Rituals Week 2 - Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think Week 3- How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync Week 4 - What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected Reviews: "What a unique resource! A treasure-trove of guided conversations to increase intimacy and friendship. Therapists often ask me for good homework assignments. This book does the thinking for you. Keep it on hand and whether its values, sex, conflict or other challenging issues, you'll have a ready-made way to help your clients make immediate progress." -- Ellyn Bader, Ph.D, Founder/Director The Couples Institute This is a valuable resource for anyone working with couples. Any couple can profit greatly if they are willing to take Kathleen Youngman's challenge to explore these important topics and discuss these wonderful questions. -- Milan and Kay Yerkovich, Authors of best-selling *How We Love* series "Instead of offering analysis, advice or theory, *The Couples Therapy Workbook* offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship." --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D.; Authors of *Making Marriage Simple* and *Getting the Love You Want*.

sarah and lauren couples therapy: *Couples in Treatment* Gerald R. Weeks, Stephen T. Fife, 2014-01-10 This third edition of *Couples in Treatment* helps readers conceptualize and treat couples from multiple perspectives and with a multitude of techniques. The authors do not advocate any single approach to couple therapy and instead present basic principles and techniques with wide-ranging applicability and the power to invite change, making this the most useful text on integrative, systemic couple therapy. Throughout the book the authors consider the individual, interactional, and intergenerational systems of any case. Gerald Weeks' Intersystems Model, a comprehensive, integrative, and contextual meta framework, can be superimposed over existing therapy approaches. It emphasizes principles of therapy and can facilitate assessing, conceptualizing couples' problems, and providing helpful interventions. Couple therapists are encouraged to utilize the principles in this book to enhance their therapeutic process and fit their approach to the client, rather than forcing the client to fit their theory.

sarah and lauren couples therapy: *Marriage and Divorce in America* Jaimee L. Hartenstein, 2023-08-24 This wide-ranging resource will help readers understand the history and current state of marriage and divorce in the United States, including their many cultural, economic, political, legal, and religious facets. Coverage includes information and insights on broad trends in relationships

that are changing the landscape of American society, such as childcare, delayed marriages, blended families, and prevalence of marriage and divorce among various socioeconomic groups. In addition, the encyclopedia features in-depth entries covering high-interest issues that are shaping the character of marriage, divorce, relationships, and family life in the 21st century, including economic/legal topics (child support, prenups, divisions of assets in divorce, the wedding industry, no-fault divorce, legal representation in divorce, and economic independence as a factor in separations/divorce); other divorce factors (infidelity, parenthood, illness, domestic abuse, and child abuse); and a host of other legal/cultural issues, factors, and phenomena, both current and historical.

sarah and lauren couples therapy: Days of Awe Lauren Fox, 2016-06-28 Only a year ago Isabel Moore was married, was the object of adoration for her ten-year-old daughter, and thought she knew everything about her best friend, Josie. But in one short year Isabel's husband moved out; her daughter grew into a moody insomniac; and Josie—impulsive, funny, secretive Josie—was killed behind the wheel in a single-car accident that's left a mess of unanswered questions in its wake. Suddenly, the relationships that have always defined Isabel—wife, mother, best friend—are changing before her eyes. As Isabel struggles to understand who she really is, Lauren Fox brings us a daring book that explores marriage, motherhood, and the often surprising shape of new love.

sarah and lauren couples therapy: Eight Dates John Schwartz Gottman, Julie Schwartz Gottman, Rachel Abrams, Doug Abrams, 2019-07-04 What really makes a relationship work? How can we stay interested in our partner for ever? How can we be happier in our marriage? Doctors John and Julie Gottman have spent over three decades studying the habits of 3000 couples. Within 10 minutes of meeting a couple, they can predict who will stay happily together or who will split up, with 94% accuracy. Based on their findings on the ingredients to a happy, lasting love life, they have now created an easy series of eight dates, spanning: - commitment & trust - conflict resolution - intimacy & sex - fun & adventure - work & money - family values - growth & spirituality - goals & aspirations Eight Dates draws on rigorous scientific and psychological research about how we fall in love using case studies of real-life couples whose relationships have improved after committing time to each other and following the dates. Full of innovative exercises and conversation starters to explore ways to deepen each aspect of the relationship, Eight Dates is an essential resource that makes a relationship fulfilling. 'Can a marriage really be understood? Yes it can. Gottman shows us how' Malcolm Gladwell, author of Blink

sarah and lauren couples therapy: Religion and Family Life Richard J. Petts, 2019-05-03 There has been increased interest among scholars in recent decades focused on the intersection of family and religion. Yet, there is still much that is not well-understood in this area. This aim of this special issue is to further explore the influence of religion on family life. In particular, this issue includes a collection of studies from leading scholars on religion and family life that focus on ways in which religion and spirituality may influence various aspects of family life including family processes, family structure, family formation, family dissolution, parenting, and family relationships. The studies included incorporate both qualitative and quantitative analyses, incorporate a number of different religious traditions, focus on religiosity among both adults and youth, and explore a number of important issues such as depression, intimacy, sexual behavior, lying, divorce, and faith transmission.

sarah and lauren couples therapy: *I Love Jesus, But I Want to Die* Sarah J. Robinson, 2021-05-11 A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But*

I Want to Die, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, I Love Jesus, But I Want to Die offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

sarah and lauren couples therapy: See What Can Be Done Lorrie Moore, 2018-05-01 Award-winning author Lorrie Moore has been writing criticism for over thirty years - and her forensically intelligent, witty and engaging essays are collected here for the first time. Whether writing on Titanic, Margaret Atwood or The Wire, her pieces always offer surprising insights into contemporary culture.'Exhilarating . . . I was struck not only by Moore's intelligence and wit, and by the syntactical and verbal satisfactions of her prose, but by the fundamental generosity of her critical spirit.' Guardian'One of America's most brilliant writers . . . This book is a delight.' Stylist'Intimate and approachable . . . See What Can Be Done flooded my veins with pleasure.' New York Times'An incisive, wide-ranging and enjoyable collection . . . Marvellously nuanced.' Observer'Impressive . . . so witty and well-mannered . . . Has something wise or funny on almost every page.' Financial Times'The entire book is filled with the sharp, off-the-wall, completely brilliant observations that Moore is famous for.' The Pool

sarah and lauren couples therapy: If He's So Great, Why Do I Feel So Bad? Avery Neal, 2018-03-27 Free yourself from toxic relationships with "the new gold standard in abuse recovery" from the founder of the Women's Therapy Clinic (Jackson MacKenzie, author of Whole Again). Foreword by Lois P. Frankel, Ph.D., New York Times bestselling author of Nice Girls Don't Get the Corner Office ARE YOU A VICTIM OF SUBTLE ABUSE? Are you always the one apologizing? Constantly questioning and blaming yourself? Do you often feel confused, frustrated, and angry? If you answered yes to any of these questions, you're not alone. Nearly half of all women—and men—in the United States experience psychological abuse without realizing it. Manipulation, deception, and disrespect leave no physical scars, but they can be just as traumatic as physical abuse. In this groundbreaking book, Avery Neal, founder of the Women's Therapy Clinic, helps you recognize the warning signs of subtle abuse. As you learn to identify patterns that have never made sense before, you are better equipped to make changes. From letting go of fear to setting boundaries, whether you're gathering the courage to finally leave or learning how to guard against a chronically abusive pattern, If He's So Great, Why Do I Feel So Bad? will help you enjoy a happy, healthy, fulfilling life, free of shame or blame. "This book can open eyes for people who may have lost pieces of themselves along the way. Great examples and exercises. It is a companion from start to finish." —Dr. Jay Carter, author of Nasty People "No-nonsense insights and practical ways to regain control of and empower your life." —Dr. George Simon, international bestselling author of In Sheep's Clothing

sarah and lauren couples therapy: Encyclopedia of Human Relationships Harry T. Reis, 2009-03-25 This encyclopedia provides a structure to understand the essential rudiments of human behaviour and interpersonal relationships

sarah and lauren couples therapy: The Behavior Therapist , 2005

sarah and lauren couples therapy: Detransition, Baby Torrey Peters, 2021-01-12 NATIONAL BESTSELLER • The lives of three women—transgender and cisgender—collide after an unexpected pregnancy forces them to confront their deepest desires in "one of the most celebrated novels of the year" (Time) "Reading this novel is like holding a live wire in your hand."—Vulture One of the New York Times's 100 Best Books of the 21st Century Named one of the Best Books of the Year by more than twenty publications, including The New York Times Book Review, Entertainment Weekly, NPR, Time, Vogue, Esquire, Vulture, and Autostraddle PEN/Hemingway Award Winner • Finalist for the Lambda Literary Award, the National Book Critics Circle Award, and the Gotham Book Prize • Longlisted for The Women's Prize • Roxane Gay's Audacious Book Club Pick • New York Times

Editors' Choice Reese almost had it all: a loving relationship with Amy, an apartment in New York City, a job she didn't hate. She had scraped together what previous generations of trans women could only dream of: a life of mundane, bourgeois comforts. The only thing missing was a child. But then her girlfriend, Amy, detransitioned and became Ames, and everything fell apart. Now Reese is caught in a self-destructive pattern: avoiding her loneliness by sleeping with married men. Ames isn't happy either. He thought detransitioning to live as a man would make life easier, but that decision cost him his relationship with Reese—and losing her meant losing his only family. Even though their romance is over, he longs to find a way back to her. When Ames's boss and lover, Katrina, reveals that she's pregnant with his baby—and that she's not sure whether she wants to keep it—Ames wonders if this is the chance he's been waiting for. Could the three of them form some kind of unconventional family—and raise the baby together? This provocative debut is about what happens at the emotional, messy, vulnerable corners of womanhood that platitudes and good intentions can't reach. Torrey Peters brilliantly and fearlessly navigates the most dangerous taboos around gender, sex, and relationships, gifting us a thrillingly original, witty, and deeply moving novel.

sarah and lauren couples therapy: *Dolores* Lauren Aimee Curtis, 2019-07-25 Dolores is a glowing, beating heart of a book; Curtis' sentences manage to be both mysterious and precise, creating a potent atmosphere that resonates beyond its brevity -- Megan Hunter, author of *THE END WE START FROM* Dolores reads the way a first novel should: short, lyrical, intense, and with adventurous ambition -- Nell Zink, author of *THE WALLCREEPER* and *MISLAID* Rich, melodic and marked by a troubling sensuality, Dolores depicts the strange pleasures a young girl might take in her body, and the perils and liberations such pleasures hold -- Sue Rainsford, author of *FOLLOW ME TO GROUND* On a hot day in late June, a young girl kneels outside a convent, then falls on her face. When the nuns take her in, they name her Dolores. Dolores adjusts to the rhythm of her new life - to the nuns with wild hairs curling from their chins, the soup chewed as if it were meat, the bells that ring throughout the day. But in the dark, private theatre of her mind are memories - of love motels lit by neon red hearts, discos in abandoned hospitals and a boy called Angelo. And inside her, a baby is growing.

sarah and lauren couples therapy: *Slave Play* Jeremy O. Harris, 2024-07-11 The Old South lives on at the MacGregor Plantation - in the breeze, in the cotton fields... and in the crack of the whip. Nothing is as it seems, and yet everything is as it seems. Jeremy O. Harris's *Slave Play* rips apart history to shed new light on the nexus of race, gender and sexuality in twenty-first-century America. It opened at New York Theatre Workshop in November 2018, and transferred to Broadway the following year. This edition is published alongside the West End production in 2024. 'How to explain Harris? He is like Tennessee Williams, if Williams had been Prince. Or Truman Capote, if Capote had been Paradise Garage. He is a firebrand writer with whipcrack humour. He has two brilliant plays under his belt, *Slave Play* and *Daddy*. He is such a queer hero of our times that the New York neighbourhood he lives in has become fleetingly famous. One of Jeremy O. Harris's plays coming to London is a major event' Evening Standard

sarah and lauren couples therapy: *Different Patients, Different Therapies: Optimizing Treatment Using Differential Psychotherapeutics* Deborah L. Cabaniss, Yael Holoshitz, 2019-10-08 Optimizing treatment choice through understanding more than twenty popular types of therapy. *Different Patients, Different Therapies* is a guide to choosing among the many psychotherapeutic options available to patients and therapists today. Offering a systematic approach, Deborah L. Cabaniss and Yael Holoshitz outline more than twenty different types of therapy, including psychodynamic psychotherapy, CBT, DBT, MI, and ACT. At the heart of the book are vignettes of typical clinical situations, accompanied by commentary about treatment choice from more than thirty psychotherapy experts. Written in accessible, jargon-free language, this book is as suitable for an introductory class on psychotherapy for any mental-health training program as it is for a seasoned therapist or someone considering psychotherapeutic treatment. Chapters include exercises to help readers think through new ways of helping patients to optimize treatment

decisions.

sarah and lauren couples therapy: Desire Lauren Fogel Mersy, Jennifer A. Vencill, 2025-01-23 When it comes to libido, every one of us is different... But that's no bad thing. Differences in libido is a common issue in romantic relationships, often leading to insecurity, conflict and communication breakdown. It can be difficult to find help, as most research on the topic adheres to a narrow, heteronormative model of sexual intimacy — a way of thinking that hinders our ability to enjoy sex to the full. Dr. Fogel Mersy and Dr. Vencill's *Desire* rejects this model. Drawing upon their wealth of experience as certified sex therapists, Fogel Mersy and Vencill look beyond structural oppressions like cishnormativity and compulsory sexuality, to promote a liberated, inclusive perspective. Through scientific research, cultural analysis, and practical exercises, readers can learn what impacts libido, how to improve communication, and how to manage sexual anxieties, in order to create a healthier and happier attitude towards sex and intimacy. Whoever you are or whoever you're into, *Desire* will help you find the key to having great sex and making lasting relationships. Praise for *Desire*: 'Brilliant. . . . This is the most inclusive, up-to-date book on sexual desire I have ever encountered, with the potential to help countless individuals' Laurie Mintz, PhD, author of *Becoming Cliterate* 'Desire is the most important sexuality book of the last decade' Barry McCarthy, PhD, author of *Couple Sexuality After 60* 'An incredibly comprehensive, thoughtful, inclusive, and encouraging book for anyone looking to understand sexual desire or improve their relationship with their partner' Dr. Debby Herbenick, PhD, MPH, author of *Because It Feels Good: A Woman's Guide to Sexual Pleasure and Satisfaction*

sarah and lauren couples therapy: The Handbook of Systemic Family Therapy, Systemic Family Therapy with Couples Adrian J. Blow, 2020-10-19 Volume III of *The Handbook of Systemic Family Therapy* focuses on therapy with couples. Information on the effectiveness of relational treatment is included along with consideration of the most appropriate modality for treatment. Developed in partnership with the American Association for Marriage and Family Therapy (AAMFT), it will appeal to clinicians, such as couple, marital, and family therapists, counselors, psychologists, social workers, and psychiatrists. It will also benefit researchers, educators, and graduate students involved in CMFT.

sarah and lauren couples therapy: Boundary Boss Terri Cole, 2024-10-24 Break Free From Over-Functioning, Over-Delivering, People-Pleasing, and Ignoring Your Own Needs So You Can Finally Live the Life You Deserve! Most of us were never taught how to effectively express our preferences, desires or deal-breakers. Instead, we hide our feelings behind passive-aggressive behavior, deny our own truths, or push our emotions down until we get depressed or so frustrated that we explode, potentially destroying hard-won trust and relationships. The most successful and satisfied people on the planet have one thing in common: the ability to create and communicate clear, healthy boundaries. This ability is, hands down, the biggest game changer when it comes to creating a healthy, happy, self-determined life. In *Boundary Boss*, psychotherapist Terri Cole reveals a specific set of skills that can help you stop abandoning yourself for the sake of others (without guilt or drama) and get empowered to consciously take control of every aspect of your emotional, spiritual, physical, personal, and professional life. Since becoming a Boundary Boss is a process, Cole also offers actionable strategies, scripts, and techniques that can be used in the moment, whenever you need them. You will learn: How to recognize when your boundaries have been violated and what to do next How your unique Boundary Blueprint is unconsciously driving your boundary behaviors, and strategies to redesign it Powerful boundary scripts so in the moment you will know what to say How to manage 'Boundary Destroyers' - including emotional manipulators, narcissists and other toxic personalities Where you fall on the spectrum of codependency and how to create healthy, balanced relationships This book is for women who are exhausted from over-giving, overdoing, and even over-feeling. If you're getting it all done but at the expense of yourself, give yourself the gift of Boundary Boss.

sarah and lauren couples therapy: Someday, Someday, Maybe Lauren Graham, 2013-04-30 NEW YORK TIMES BESTSELLER • From Lauren Graham, the beloved star of *Gilmore Girls* and

Parenthood, comes a witty, charming, and hilariously relatable debut novel about a struggling young actress trying to get ahead—and keep it together—in New York City. It's January 1995, and Franny Banks has just six months left of the three-year deadline she set for herself when she came to New York, dreaming of Broadway and doing "important" work. But all she has to show for her efforts so far is a part in an ad for ugly Christmas sweaters, and a gig waiting tables at a comedy club. Her roommates—her best friend Jane, and Dan, an aspiring sci-fi writer—are supportive, yet Franny knows a two-person fan club doesn't exactly count as success. Everyone tells her she needs a backup plan, and though she can almost picture moving back home and settling down with her perfectly nice ex-boyfriend, she's not ready to give up on her goal of having a career like her idols Diane Keaton and Meryl Streep. Not just yet. But while she dreams of filling their shoes, in the meantime, she'd happily settle for a speaking part in almost anything—and finding a hair product combination that works. Everything is riding on the upcoming showcase for her acting class, where she'll finally have a chance to perform for people who could actually hire her. And she can't let herself be distracted by James Franklin, a notorious flirt and the most successful actor in her class, even though he's suddenly started paying attention. Meanwhile, her bank account is rapidly dwindling, her father wants her to come home, and her agent doesn't return her calls. But for some reason, she keeps believing that she just might get what she came for. *Someday, Someday, Maybe* is a story about hopes and dreams, being young in a city, and wanting something deeply, madly, desperately. It's about finding love, finding yourself, and perhaps most difficult of all in New York City, finding an acting job. Praise for *Someday, Someday, Maybe* "A winning, entertaining read . . . [Lauren Graham] has smartly mined just the right details from her own experience, infusing her work with crackling dialogue and observations about show business that ring funny and true."—The Washington Post "A charmer of a first novel . . . [Graham] has an easy, unforced style and, when the situation calls for it, a keen sense of the ridiculous."—The Wall Street Journal "With insight, care, and an abundance of humor . . . Graham demonstrates that her acting chops are not her only talent."—Library Journal "Thoroughly charming."—Entertainment Weekly "Sweet, funny, and full of heart . . . a dazzling debut."—Emily Giffin, New York Times bestselling author of *Something Borrowed* and *Where We Belong* "Warm and funny, charming and smart."—Diane Keaton, New York Times bestselling author of *Then Again* "Graham deftly captures what it's like to be young, ambitious, and hopeful in New York City."—Candace Bushnell, New York Times bestselling author of *Sex and the City* and *The Carrie Diaries* "Fresh and funny and full of zingers, Lauren Graham's charming writing style instantly drew me in."—Meg Cabot, bestselling author of the *Princess Diaries* and *Heather Wells* Mystery series

sarah and lauren couples therapy: Ecotherapy Linda Buzzell, Craig Chalquist, 2010-07-01 In the 14 years since Sierra Club Books published Theodore Roszak, Mary E. Gomes, and Allen D. Kanner's groundbreaking anthology, *Ecopsychology: Restoring the Earth, Healing the Mind*, the editors of this new volume have often been asked: Where can I find out more about the psyche-world connection? How can I do hands-on work in this area? *Ecotherapy* was compiled to answer these and other urgent questions. *Ecotherapy*, or applied ecopsychology, encompasses a broad range of nature-based methods of psychological healing, grounded in the crucial fact that people are inseparable from the rest of nature and nurtured by healthy interaction with the Earth. Leaders in the field, including Robert Greenway, and Mary Watkins, contribute essays that take into account the latest scientific understandings and the deepest indigenous wisdom. Other key thinkers, from Bill McKibben to Richard Louv to Joanna Macy, explore the links among *ecotherapy*, spiritual development, and restoring community. As mental-health professionals find themselves challenged to provide hard evidence that their practices actually work, and as costs for traditional modes of psychotherapy rise rapidly out of sight, this book offers practitioners and interested lay readers alike a spectrum of safe, effective alternative approaches backed by a growing body of research.

sarah and lauren couples therapy: Women of Purpose Sara Daigle, 2018-04-03 100 days of scripture-based devotions for an intentional and abundant life rooted in Christ Why do some women seem deeply rooted in peace and joy—even in difficult circumstances—while others of us struggle

daily with feelings of dissatisfaction, worthlessness, or anxiety? Being a Christian doesn't mean we're exempt from pain and suffering—but it does mean we are called to a higher purpose and can claim the gifts of the abundant life that Jesus promises. Sara Daigle is passionate about sharing a message of deliverance, freedom, and ultimate love with women from all places and walks of life. Her passion gave birth to this book composed in devotional form with a Bible verse and prayer for each day, focused on leading women out of the labyrinth of their own thoughts into a higher identity and value found in Christ. For those facing uncertainty and life changes, Sara reminds us that Jesus has “come to bring abundant life that doesn't end when one season flows into the next before you catch your breath.” For those who look around and see women who are prettier, more accomplished, better moms, or even “better” Christians than they are, we are shown that “There is no joy fuller than living out exactly what He's gifted us in without comparison to another.” Readers will resonate with Sara's authentic voice, honesty about her own struggles, and the wisdom that comes through hard times and a rich relationship with God. This devotional is geared to bring even the busiest of women into daily intimacy with God. It is written to help each heart know they are not alone, but destined for a life of meaning, identity, and purpose in union with a Creator God who designed each of us just as we are.

sarah and lauren couples therapy: *Relationship Essentials* Lauren Reitsema, Joneen Mackenzie, 2021-11-16 Build life-enhancing relationships, restore damaged ones, and prevent communication breakdowns before they happen Using real-world examples, illustrations from their own lives, and a research-based approach, dynamic daughter-mother duo Lauren Reitsema and Joneen Mackenzie guide you through familiar relationship situations. Their suggestions can be used with your partner, coworkers, children, extended family members, and friends. Drawing from their experience teaching thousands through The Center for Relationship Education, they introduce practical, easy-to-use strategies that will help you communicate more effectively and work through relationship challenges with confidence. When applied in any area of your life, these tools can have seemingly miraculous love- and life-enhancing results.

sarah and lauren couples therapy: *Financial Therapy* Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

sarah and lauren couples therapy: *Swoon* Lauren Rowe, 2021-11 Growing up, I knew my older brother's best friend thought of me as Logan's kid sister. For me, though, our next-door neighbor, Colin, felt like anything but a sibling. Whenever I spied on him through my bedroom window, as he banged away, shirtless, on his drum kit, I felt sensations inside me I'd never felt for my actual brother. But when we moved away and Colin's band took off like a rocket, I knew my tween fantasies would never become a reality. Fast-forward nine years to my brother's wedding,

when I saw Colin again and we shared a secret, drunken kiss that rocked my world. The next morning, Colin blamed the alcohol. Said we should pretend the kiss, and my unfortunate text afterward, never happened. Now that I'm heading to LA to work for Colin and crash at his place, though, all bets are off. I'm determined to make Colin swoon for me, the same way I've always done for him. Because no matter what he insisted, Colin's body during our kiss, and the shocking thing he whispered into my ear right afterward, made it clear he doesn't really think of me as his little sister, any more than I do.

sarah and lauren couples therapy: Trans Girl Suicide Museum Hannah Baer, 2019-12 Literary Nonfiction. LGBTQIA Studies. Edited by Clare Kelly. one part ketamine spiral, one part confessional travelogue from the edge of gender, TGSM is a hallucinatory transmission on sex, identity, the internet, and the flickering wish not to exist in a given body at a given point in time. TGSM raises questions with which we have begun to negotiate broadly as a culture: what is actually happening to someone when they transition? how should we understand or describe such processes? what is the role of drugs, of hallucination, of imagination, in transition? is being a trans person in this moment in history--when the identity is ever more carefully traced [and tracked] by larger cultural forces--more liberated than before? drawing its source material from chance encounters--wordless interactions in basements or bathrooms or hotel rooms--to archives of 20th century critical theory, sleepover secrets exchanged between old friends, rhetorical barbs deployed in the classrooms of elite universities, arguments on the phone with your parents across timezones, the nonverbal codes of high and low fashion, and scribbled notes on the backs of receipts for medicines you don't know how they work, TGSM is a morbid yet strangely hopeful meditation on the possibilities and meanings of gender variation in our time.

sarah and lauren couples therapy: People of Color in the United States [4 volumes] Kofi Lomotey, Pamela Braboy Jackson, Muna Adem, Paulina X. Ruf, Valire Carr Copeland, Alvaro Huerta, Norma Iglesias-Prieto, Donathan L. Brown, 2016-10-17 This expansive, four-volume ready-reference work offers critical coverage of contemporary issues that impact people of color in the United States, ranging from education and employment to health and wellness and immigration. People of Color in the United States: Contemporary Issues in Education, Work, Communities, Health, and Immigration examines a wide range of issues that affect people of color in America today, covering education, employment, health, and immigration. Edited by experts in the field, this set supplies current information that meets a variety of course standards in four volumes. Volume 1 covers education grades K-12 and higher education; volume 2 addresses employment, housing, family, and community; volume 3 examines health and wellness; and volume 4 covers immigration. The content will enable students to better understand the experiences of racial and ethnic minorities as well as current social issues and policy. The content is written to be accessible to a wide range of readers and to provide ready-reference content for courses in history, sociology, psychology, geography, and economics, as well as curricula that address immigration, urbanization and industrialization, and contemporary American society.

sarah and lauren couples therapy: Beautifully Brave Sarah Pendrick, 2021-06 With Beautifully Brave, foster your inner light through authentic self-love exercises and practices that are easy to use in the real world.

sarah and lauren couples therapy: Live in Love Lauren Akins, Mark Dagostino, 2020-08-18 NEW YORK TIMES BESTSELLER • In this refreshing and inspiring memoir, Lauren Akins, the wife of country music star Thomas Rhett, shows what it's really like to be "the perfect couple" fans imagine, and reveals what it actually takes to live in love, stay in love, and grow together. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PARADE When country music star Thomas Rhett won the ACM Award for Single of the Year with "Die a Happy Man," his wife, Lauren Akins, was overjoyed. Her childhood best friend and now husband was being anointed the hottest new star in country music—for a song he had written about her. He was living his dream. Lauren was elated, but she was also wrestling with some big questions, not the least of which was, How can I live my own life of purpose? Lauren Akins never wanted to be in the spotlight, but as Thomas Rhett made his

relationship with Lauren the subject of many of his hit songs, she was tossed into the role of one of America's sweethearts. Revered by fans for her down-to-earth ease and charm, her commitment to humanitarian work, and the pure love she exudes for her family, Lauren has never shared her side of their story—full as it's been with deep love, painful loss, tremendous joy, and a struggle to stay grounded in faith along the way—until now. In *Live in Love*, Lauren shares details about her childhood friendship with Thomas Rhett, explaining how they reconnected as young adults. She offers a rare behind-the-scenes look at the challenges of being married to her best friend, who just happens to be a music star, and the struggle to find her own footing in the frenzy of her husband's fame. And in heart-wrenching detail, she opens up about her life-changing experiences doing mission work in Haiti, and then in Uganda, where she met the precious baby who would become their first daughter. From sharing the romance of their handwritten wedding vows to the challenges they faced as they adjusted to the reality of becoming first-time parents, *Live in Love* takes an intimate look at one couple's life—and opens a window into all of our journeys on the path to self-discovery. *Live in Love* is a deeply personal memoir that offers inspiring guidance for anyone looking to keep romance alive, balance children and marriage, express true faith, and live a life of purpose.

sarah and lauren couples therapy: Goodbye to Goodbyes Lauren Chandler, 2019-02 Bible storybook that teaches young children that Jesus came to give his friends life after death.

sarah and lauren couples therapy: The Empowered Wife, Updated and Expanded Edition Laura Doyle, 2017-03-28 Can a wife single-handedly bring a boring or broken marriage back to life? This improved and expanded edition of Laura Doyle's acclaimed *First, Kill All the Marriage Counselors* features real-life success stories from empowered wives who have done just that—and provides a step-by-step guide to revitalizing your own marriage. Laura Doyle's marriage was in trouble, and couples counseling wasn't helping. On the brink of divorce, she decided to talk to women who'd been happily married for over a decade, and their advice stunned her. From it, she distilled Six Intimacy Skills—woman-centric practices that ended her overwhelm and resentment, restoring the playfulness and passion in her marriage. Now an internationally-recognized relationship coach, Doyle has shared her secrets with women around the globe, saving thousands of marriages with her fresh, revolutionary approach. Practical and counter-intuitive, the Six Intimacy Skills are about focusing on your own desires and transforming your own life—not bending over backwards to transform your husband. Incorporating these skills will empower you to: Attract his attention like a magnet when you relax more and do less Receive affection not because you told him to make more of an effort, but because he naturally seeks you out Feel more like yourself—and like yourself more If you've been trying to fix your relationship and it's not working, maybe the problem was never you, or your husband, or even the two of you as a couple. Maybe the problem is that nobody ever taught you the skills you need to foster respect, tenderness, and consideration. With humor and heart, *The Empowered Wife* shows you how to improve your relationship in ways you hadn't thought possible. You'll join a worldwide community of over 150,000 empowered wives who finally have the marriages they dreamed of when they said I do.

sarah and lauren couples therapy: You Can Only Yell at Me for One Thing at a Time Patricia Marx, Roz Chast, 2020-01-14 The perfect Valentine's Day or anniversary gift: An illustrated collection of love and relationship advice from New Yorker writer Patricia Marx, with illustrations from New Yorker cartoonist Roz Chast. Everyone's heard the old advice for a healthy relationship: Never go to bed angry. Play hard to get. Sexual favors in exchange for cleaning up the cat vomit is a good and fair trade. Okay, not that last one. It's one of the tips in *You Can Only Yell at Me for One Thing at a Time: Rules for Couples* by the authors of *Why Don't You Write My Eulogy Now So I Can Correct It: A Mother's Suggestions*. This guide will make you laugh, remind you why your relationship is better than everyone else's, and solve all your problems. Nuggets of advice include: If you must breathe, don't breathe so loudly. It is easier to stay inside and wait for the snow to melt than to fight about who should shovel. Queen-sized beds, king-sized blankets. Why not give this book to your significant or insignificant other, your anti-Valentine's Day crusader pal, or anyone who can't

live with or without love?

sarah and lauren couples therapy: Hero Lauren Rowe, 2023-11-30 A standalone contemporary romance in the MORGAN BROTHERS SERIES from USA Today Bestselling Author Lauren Rowe. The story of firefighter Colby Morgan that proves heroes come in many forms . . . The first time I laid eyes on Lydia Decker, I couldn't speak. Or breathe. Or string two coherent thoughts together. And I don't mean any of that figuratively. I'm not talking about a guy being floored by the sight of a gorgeous woman-although, of course, Lydia is gorgeous beyond words. No, when I first laid eyes on Lydia Decker-my physical therapist-I was lying flat on my back in the ICU, high as a kite on painkillers, breathing on a ventilator, my bones as broken and splintered as my spirit. When I first laid eyes on Lydia Decker, she was a ray of light in the dark. Hope for the hopeless. A salve for my singed and battered soul. She said she'd been assigned to fix me. That she was there to bring me back to life. She said helping me was her calling. And then she touched me. Physically, emotionally, spiritually. She healed me. And I fell in love. But what I didn't know . . . what I couldn't possibly know . . . was that Lydia Decker needed fixing far more than I ever did.

sarah and lauren couples therapy: The State Of Affairs Esther Perel, 2017-10-12 ***NEW YORK TIMES BESTSELLER*** Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Why do people cheat? Can an affair ever help a marriage? Infidelity is the ultimate betrayal. But does it have to be? Relationship therapist Esther Perel examines why people cheat, and unpacks why affairs are so traumatic; because they threaten our emotional security. In infidelity, she sees something unexpected - an expression of longing and loss. A must-read for anyone who has ever cheated or been cheated on, or who simply wants a new framework for understanding relationships. 'Esther Perel does nothing short of strip us of our deepest biases, remind us of our purpose in connecting as lovers, and save relationships that might otherwise sink into the sea-all with even-handed wisdom, fresh morality, and wise prose. Thank heavens for this woman.' - Lena Dunham 'Beautiful. A brilliantly intelligent plea for complexity, understanding, and - as always - kindness.' - Alain de Botton 'She's the guru on relationships... she's the first person I ask for advice' - Cara Delevingne 'Wiseest sex therapist we ever did meet. Her new book, THE STATE OF AFFAIRS, proposes a new perspective on infidelity' - GRAZIA 'This is a must-have for all married couples and has completely changed my thinking.' - SUNDAY TIMES STYLE

sarah and lauren couples therapy: Toxic Positivity Whitney Goodman, 2024-04-02 A powerful guide to owning our emotions—even the difficult ones—in order to show up authentically in the world, from the popular therapist behind the Instagram account @sitwithwhit. Every day, we're bombarded with pressure to be positive. From "good vibes only" and "life is good" memes, to endless reminders to "look on the bright side," we're constantly told that the key to happiness is silencing negativity wherever it crops up—in ourselves and in others. Even when faced with illness, loss, breakups, and other challenges, there's little space for talking about our real feelings—and processing them so that we can feel better and move forward. But if non-stop positivity is the answer, why are so many of us anxious, depressed, and burned out? In this refreshingly honest guide, sought-after therapist Whitney Goodman shares the latest research along with everyday examples and client stories that reveal how damaging toxic positivity is to ourselves and our relationships, and presents simple ways to experience and work through difficult emotions. The result is more authenticity, connection, and growth—and ultimately, a path to showing up as you truly are.

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