

# **[PDF] Why Can't You Read My Mind? Overcoming The 9 Toxic Thought Patterns That Get In The Way Of A Loving Relationship**

**Ph.D. Jeffrey Bernstein Ph.D., Susan Magee - pdf download  
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**Books Details:**

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**Description:**

**From Publishers Weekly** Bernstein, a psychologist specializing in couples and family therapy, and Magee (The Power of Positive Confrontation) offer partners a way to renew the spark in their

relationships in this succinct self-help guide. They claim that one of the most significant steps is to focus on yourself rather than your partner by ridding yourself of toxic thoughts, "negative thoughts that have lost their basis in reality and have gotten out of control." Examining nine toxic thought patterns (such as jumping to conclusions, labeling one another and playing the "blame game"), the authors provide well-researched explanations, relevant examples and practical alternatives to transform negative thoughts and behaviors into positive and constructive ones.

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**Review** "All couples should read this book and give their relationship a chance for a deeper and longer lasting love." -- *Nadine J. Carpenter, LCSW*

"Bernstein and Magee ... will assist any motivated couple in making meaningful changes in their relationship." -- *Monroe A. Bruch, Professor of Counseling Psychology, University of Albany, State University of New York*

"This book [will]...help your relationship become better, less conflicted, and more romantic—even if your partner doesn't read it!" -- *Steven D. Mullinix, Ph.D.*

"This excellent book ... gives detailed guidance on how to create a lasting love. I heartily recommend it." -- *Harville Hendrix, Ph.D., New York Times best-selling author of Getting the Love You Want*

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