

**The Power of Two Workbook:
Communication Skills for a Strong & Loving Marriage**
by Susan Heitler, Ph.D. & Abigail Hirsch, MA

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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Good marriages are hereditary...

and we're not talking genetics here. Psychologist Susan Heitler and her daughter, Abigail Hirsch, both enjoy happy marriages and they'll show you how you can too.

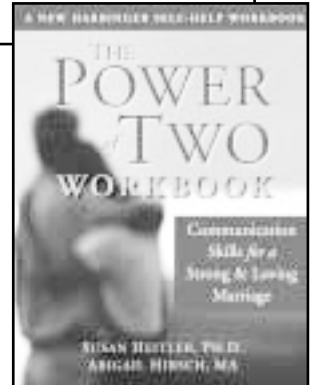
FOR IMMEDIATE RELEASE

A healthy democracy, a happy marriage, a wise investment decision... What do these things have in common? They all depend on the free flow of information. And while Susan Heitler and Abigail Hirsch may not be able to plan your retirement or solve our collective political woes, they can give you the communication skills you need to keep the information-emotional, intellectual, and practical-flowing between you and your spouse. They know these skills work because they are mental health professionals who've rescued hundreds of clients' marriages with them, and because these are the very skills that keep their own marriages thriving.

In *The Power of Two Workbook* Susan Heitler, Ph.D., and Abigail Hirsch, MA, offer simple, powerful exercises that teach you to:

- Master the win-win waltz of shared decision making;
- Braid your dialogue, so that discussions build toward resolution;
- Avoid communication traps;
- Use the four S's: symmetry, short segments, specifics, summary;
- Establish "climate controls" to head off explosions; and
- Convey difficult feelings without alienating your spouse

Effective talking about sensitive issues doesn't "just happen" when two people care for each other, nor is it the product of some innate gift that you were either blessed with or missed out on. Rather, as Heitler and Hirsch teach, intimate conversation, shared decision making, and conflict resolution require a strong skills base. The fun exercises in *The Power of Two Workbook* can enable you to develop these essential healthy marriage skills.



THE POWER OF TWO WORKBOOK, 1-57224-334-1, (paper), \$19.95, 200 pages
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www.newharbinger.com, 800-748-6273

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ABOUT THE AUTHORS

Susan Heitler, Ph.D., a Denver psychologist specialized in helping couples build strong marriages. Her book for couples, *The Power of Two*, which has been published globally in five languages, forms the basis both for this workbook and for Power of Two Marriage Skills Workshops (see www.PowerOfTwo.org). Dr. Heitler's earlier book *From Conflict to Resolution* and her master therapist video *The Angry Couple* are staples in marriage counseling training programs, and her self-help audiotapes (see www.TherapyHelp.com) have helped thousand of listeners. Dr. Heitler and her husband, blessed with four children and ever-increasing numbers of grandchildren, have enjoyed over thirty years of strong and loving marriage.

Abigail Hirsch, MA, formerly a teacher and curriculum writer, currently is completing her Ph.D. as a clinical psychologist. She used her teaching and curriculum development background to co-create the Power of Two Marriage Skills Workshops and then this workbook, both of which augment the book *The Power of Two*, written by her mother, Dr. Susan Heitler. Abigail Hirsch and her husband are proud parents of two young boys.

SUGGESTED INTERVIEW QUESTIONS

1. What common communication glitches derail loving couples so they end up fighting?
 2. What do you mean by toxic communication? Can marriages really be free of criticism?
 3. What is "bilateral listening" and what habits get in the way of it? Why do you consider bilateral listening the hallmark of a healthy marriage?
 4. You tell your readers to "beware of convincing." Why?
 5. When there's conflict, why don't you advocate compromise? Why do you warn against giving in to keep the peace, or a "you win this time, I win next time" strategy? What is a better alternative?
 6. What is braided dialogue? Why is it so vital in enabling couples to feel intimate?
 7. You talk about establishing "climate controls." What are these? What are the benefits of having climate controls in place?
- continued...

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8. What myths about anger can hamper a couple's ability to effectively deal with it?
9. How is supporting each other during difficult times like playing a game of baseball?
10. You have a section in *The Power of Two Workbook* called "Prevent Affairs, Addictions, and Abuse." Can these disasters really be prevented? How?

R A V E S

"Susan Heitler and Abigail Hirsch have written a gem of a book that will help couples, whether newlywed or long-married, break out of the marital gridlock. No matter how solid your marriage, the skills and strategies clearly outlined here offer do-able ways to unscramble problems with which you've struggles-as well as new ones that crop up along the way."

~**Margaret D. Rosen**, contributor to the long-running column, "Can This Marriage Be Saved?" in *Ladies' Home Journal*

"*The Power of Two Workbook* is wonderfully sensible and user-friendly. It's aimed at real people coping with the real problems of living together-particularly new couples, and those with pretty good marriages and very good intentions but a faulty instruction book on life and relationships. This workbook is wise, optimistic, and a lot of fun."

~**Frank Pittman, MD**, author of *Grow Up! How Taking Responsibility Can Make You a Happy Adult*

"This workbook is deceptively fun to fill out. The exercises help to develop skills that can make all the difference between a difficult marriage and a loving partnership."

~**Marilyn Van Derbur**, former Miss America and author of *Miss America by Day*

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