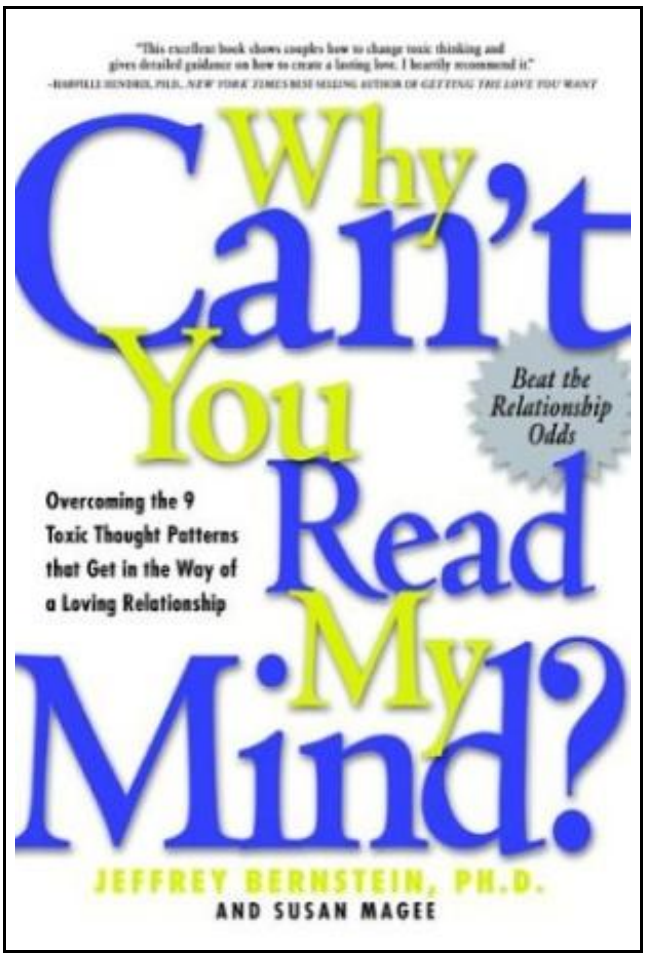
Why Cant You Read My Mind: Overcoming the 9 Toxic Thought Patterns That Get in the Way of a Loving Relationship



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Avalon Travel Publishing. Paperback. Book Condition: new. BRAND NEW, Why Cant You Read My Mind: Overcoming the 9 Toxic Thought Patterns That Get in the Way of a Loving Relationship, Jeffrey Bernstein, Susan Magee, Most people think that poor communication is the reason why so many relationships end, but it's actually the way we learn to think about our partners and our problems that kills trust, erodes intimacy, and cripples communication. In Why Can't You Read My Mind?, psychologist Jeffrey Bernstein reveals-for the first time-the nine toxic thought patterns at work in virtually every relationship, and shows couples how these distorted, negative, exaggerated thoughts can poison their love and end their union. With warmth and wisdom, Bernstein offers a simple yet powerful approach for breaking the toxic thinking cycle and helps readers establish new and more positive thinking habits for solving their problems and dealing with the stresses of everyday life. Packed with practical advice and valuable insights, Why Can't You Read My Mind? makes it possible for couples to remain in or return to loving relationships permanently, and points the way toward finding a truer kind of love with one another for the first time. Perfect for couples wanting to maintain their loving relationship as well as for those working to restore their love, this book provides the missing link, enabling couples to beat the relationship odds and sustain a long-term relationship.

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