



# How To Stop Destroying Your Relationships: A Guide to Enjoyable Dating, Mating & Relating

*Albert Ellis*

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## **How To Stop Destroying Your Relationships: A Guide to Enjoyable Dating, Mating & Relating** Albert Ellis

Want to break bad habits & replace them with good ones that last? REBT (Rational Emotive Behavioral Therapy) will help anyone -- at any age -- learn to maintain healthy & lasting love. Many of us destroy relationships over & over again, & just don't know how to stop. Here is a proven solution. whether you are male or female, single or married, gay or straight, Shows you how to relate lovingly, intimately, & lastingly. This book is more than just a guide to getting along better with a significant other : there is help here for bettering relationships with friends, children, even in-laws. Explains the principles of REBT -- & shows how they will provide you with a sensible & practical way to find long-term enjoyment & satisfaction with your loved ones.

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