



The Relationship Rescue Workbook: Exercises and Self-Tests to Help You Reconnect with Your Partner

Phillip C. McGraw

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The ideal companion book to the #1 *New York Times* bestseller Ever since *Relationship Rescue* became an instant number one *New York Times* hardcover bestseller, Phil McGraw's audiences have been asking for a workbook to help them apply his strategies for change to their relationships. Now, in *The Relationship Rescue Workbook*, Dr. Phil, Oprah's resident expert on human functioning, provides questions, exercises and self-tests that will enable couples in even the most troubled relationships to get their love lives back on track. And for those in solid relationships who would like to regain their spark, he reveals how to make that happen. He shows readers exactly how to pinpoint problems in their relationships, and how to make sure that the changes they enact will truly last. His straightforward, tell-it-like-it-is advice is made crystal clear in this easy-to-use workbook that is sure to prove immensely popular with his devoted national following.

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