



# Love Is Never Enough: How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy

By Aaron T., M.D. Beck

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With eloquence and accessibility, Dr. Aaron T. Beck analyzes the actual dialogue of troubled couples to illuminate the most common problems in marriage--the power of negative thinking, disillusionment, rigid rules and expectations, and miscommunication.

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### Review

"Overflowing with insights, advice and exercises which add up to the solutions that may save a failing marriage or make a good relationship better."-- Dennis Wholey, author of "The Courage to Change" "When the complete history of modern psychiatry is written, I believe Aaron T. Beck's name will take it's place alongside the great pioneers: Freud, Kraepelin, Bleuler, and Jung. All helped to move psychological suffering from the darkness into the penumbra."-- Martin E. P. Seligman, Ph.D. "Beck is the anointed father of cognitive therapy . . . In "Love Is Never Enough, [he] goes back to the well of distorted thoughts and says they're also the source of most relationship problems."-- "Philadelphia Magazine" "It's practical. It's wise. It's down to earth. It should help many marriages."-- Dr. Helen Singer Kaplan

### About the Author

Aaron T. Beck, M.D., is University Professor Emeritus at the University of Pennsylvania School of Medicine and president of the Beck Institute for Cognitive Therapy and Research. Dr. Beck is the author of thirteen books. He lives with his wife, Judge Phyllis Beck, in Wynnewood, Pennsylvania, and has four children and eight grandchildren.

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