

YOU CAN MAKE IT HAPPEN

By Eva Berlander



In her new book, couples therapist Eva Berlander motivates us to see our conflicts from a new perspective. Using the fictitious couple Lisa and Michael, she helps us to find a way to rewire our brains, establish deep contact and experience real love. Unlikely as it may sound, we can actually make use of conflicts to build a better relationship.

The book is based on the new Interpersonal Neurobiology Research (IPNB) on how the brain works and describes a clear communication model for couples.

"I recommend the book to therapists who work with couples as well as to couples who can use these instruments to work with each other."

Harville Hendrix, Ph. D. Author: Getting the Love You Want – A Guide for Couples and Receiving Love.

YOU CAN MAKE IT HAPPEN

*How Breakthroughs
in Neuroscience
Can Transform
Your Relationship*



EVA BERLANDER
& EVA DOZZI

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