



# The 72 Hour Rule: A Do-It-Yourself Couples Therapy Book

*Margot Brown*

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## **The 72 Hour Rule: A Do-It-Yourself Couples Therapy Book Margot Brown**

The 72 Hour Rule focuses on helping all couples and adult individuals who are in a relationship now or previously. This easy-to-use book provides step-by-step exercises to help couples improve their relationship by communicating more effectively. Covering a wide range of topics, this book examines: verbal abuse, sexual issues, addiction issues, domestic violence, mental illness, divorce, family dynamics, and affairs, to mention a few. This practical guide helps you find your way through a disconnected marriage or a volatile partnership. This book is a breakthrough for the millions of couples who need to go to couples therapy and won't or for those who have been to counseling and did not see results.

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