

Self Help for Relationships (Click the icons to link to resources)

	<u>How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships</u>	By Leil Lowndes	Varies
	Remember to Say Thank You	By Laura Trice	Free
	The Power of Vulnerability	By Brene Brown	Free
	Rethinking Infidelity	By Esther Perel	Free
	Love – You’re Doing it Wrong	By Yann Dall’Aglia	Free
	The Secret to Desire in a Long-Term Relationship	By Esther Perel	Free
	How to Speak so People Want to Listen	By Julian Treasure	Free
	Why We Love, Why We Cheat	By Helen Fisher	Free
	Dare to Disagree	By Margaret Heffernan	Free
	What You Don’t Know about Marriage	By Jenna McCarthy	Free
	The Brain in Love	By Helen Fisher	Free
	The Mathematics of Love	By Hannah Fry	Free
	How I Hacked Online Dating	By Amy Webb	Free

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Website



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.