



## Save Your Marriage: Get Rid of Your Resentment

By Claire Hatch

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### Save Your Marriage: Get Rid of Your Resentment By Claire Hatch

“A great resource for therapists! Claire Hatch clearly demonstrates how buried resentment is a ticking time bomb for relationships and how to fix it. She takes readers through a step-by-step process to gain insight into their own feelings and then presents ways to approach husbands in a way that leads to understanding. For women who worry that resentment may be undermining their marriage, the gentle, reassuring tone and concrete steps in this book make it a valuable resource. A very beneficial, practical guide.”

Clifton Mitchell, Ph.D., Trainer, Author -- Effective Techniques for Dealing with Highly Resistant Clients

“Claire Hatch’s guide to saving your marriage is clear, concise and filled with practical action steps. If you are feeling disconnected in your relationship, chances are that there is a wall of resentment between you and your partner. Claire will help you deconstruct that wall one brick at a time.”

Julia James, Life Coach, Author – The Mini-Retreat Solution

Stockpiling resentments is a recipe for divorce, according to Seattle-area marriage counselor Claire Hatch, LICSW. Women especially struggle with resentment in their relationships. And they initiate two-thirds of divorces in America.

Hatch shows readers how to unwind their resentments using her six-stage Cycle of Resentment model. She tells women exactly how to approach their husbands, handle defensiveness, and keep the conversation going in a positive direction. She also offers a downloadable companion workbook.

It only takes an hour or two to read Save Your Marriage: Get Rid of Your Resentment. It’s practical, to the point, and packs a lot of tools into a short read.

Hatch brings warmth and humor to a tough subject. Her reassuring tone encourages readers to put her advice into practice, so they can say goodbye to resentment, get back the closeness they crave, and save their marriages.

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