

***Do you feel completely alone in your relationship?

***Do you find yourself constantly overthinking everything and feeling preoccupied with “worst case” scenarios?

***Are you sick of trying to talk to your partner, but feeling rejected, minimized, and like they don't care about you at all?

Watch this video to learn about my new book “A 5-Step Connection Guide to Your Dream Marriage” and find out how you can get it for FREE!

Even though this book was specifically written for couples (whether they are in couples counseling already or not), it's really for anyone who wants to have more connected and more meaningful relationships with their significant others. It's packed with specific exercises based on mountains of research on the science of love.

This book is not your typical book-it has lots of swear words, so watch out if you are a sensitive type. I tried to write the way I speak with my clients in sessions- sometimes direct, often using swear words, never "sugar coding" things:) I also wanted to stay relevant and real while making the book fun (and not stuffy)!

Enjoy!