

Being in a love relationship is like going on a car journey: it starts with excitement, anticipation, fantasies and promises of eternal bliss and love. Along the way, however, difficulties begin to appear, which require a special set of skills and a preparation than most couples may not have. This book provides a GPS system that guides couples in distress to their destination through five steps that will help them navigate the challenges they encounter along the journey. Are you unique in finding challenges in your love relationship? Absolutely not! All long term intimate relationships, in fact, reach points - we call them the crossroads - where partners question the reasons for being together and wonder whether they should stay and continue to work at healing their relationship, or call it quits and go their separate ways. Rather than feeling that reaching the crossroads is an indication of failure, we encourage all couples to see them as new beginnings, as bridges between what was and what will be, if they do the work necessary to get past them. The crossroads are, in fact, opportunities for partners to repair past hurts and reconnect with each other at a deeper level. The book takes readers who are at their lowest point in their love relationships on an emotional journey, explaining all along why things happened the way they did and what can be done to restore previous feelings of love and trust with each other. The book explains why the crossroads occur in all relationships, often more than once, and their causes. It is the perfect storm, made of external stressors in conjunction with feelings stemming from unresolved issues from the past, which is at the root of the crossroads. By understanding this perfect storm and following the path we provide, couples can restore their love for one another. The authors, Drs. Daniela Roher and Susan Schwartz, are psychotherapists who have worked with couples for over thirty years. Their knowledge and experience provide the foundations for a journey of discovery and healing for anyone willing to undertake it.

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