



# Introducing Psychology of Relationships: A Practical Guide (Introducing...)

*John Karter*

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## **Introducing Psychology of Relationships: A Practical Guide (Introducing...)** John Karter

Understanding psychological techniques can help you make your relationships happier and more fulfilling. This Practical Guide will help you achieve new and healthier ways of relating by explaining some of the major underlying psychological ‘drivers’ that permeate relationships and identify and work on these unconscious motivating factors to eliminate ‘knee-jerk’ reactions. Filled with straightforward, practical advice, case studies and examples, Introducing Psychology of Relationships will help you understand your relationship and make it more loving and mutually supportive, as well as be better equipped for entering into a new relationship.

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