Amazing explanations, easy-to-follow exercises, instant results

Daniela Bernhardt
Getting Out of the Relationship Burnout
[Raus aus dem Beziehungs-Burnout]
First me, then you, then love – happy again at last

Ariston
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Daniela Bernhardt has been working with burnout patients for 30 years – initially as a physiotherapist and osteopath. She later trained as a natural health psychotherapist (HPG), with her work focussing on couples. Since 2009 she has had a successful practice for holistic couple therapy and communication training in Berlin and is in regular demand in the media as an expert on matters concerning relationships.

When feelings cool down, quarrels rule home life, partners can't cope, can't sleep, can't speak with one another and prefer to be alone rather than with each other, then often the wrong diagnosis is quickly made: the relationship is over. The painful consequence: separation or a (frequently useless) couple therapy.

Yet there are other ways out. Relationship therapist Daniela Bernhardt has already successfully treated hundreds of couples and demonstrates which alarm signals are typical of a relationship burnout, how it can be avoided, and what couples can do once they are in the middle of it all. With the help of tests, a host of examples and fascinating facts from the field of brain research Bernhardt reveals the successful strategy for how we can find the way to ourselves again, to our partner, and to mutual love.

• Based on the latest findings from the field of brain research

• The successful method: immediate help when a relationship is under pressure – with a personal test for quick success

• Observations from individual and couple therapy linked effectively with insights resulting from burnout coaching

Press
"Easy-to-adapt tips, relaxedly told, inspiring and informative."
Märkische Lebensart

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"The book is not only an interesting read, but also a book to work with." *Leo Gesundheitsratgeber Rheinlandpfalz*