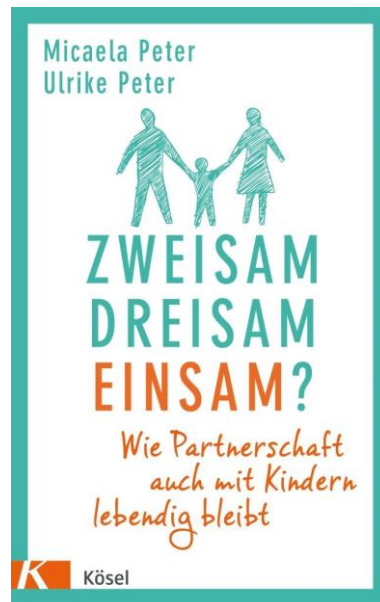


Couples therapy in book form



Micaela Peter, Ulrike Peter
**Twosome. Threesome.
Lonesome?**

[Zweisam. Dreisam. Einsam?]
How to keep the relationship
alive even with children

Kösel Sach-/Fachbuch
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Micaela Peter, a psychotherapist and couples therapist, and **Ulrike Peter**, a psychologist and burnout prevention trainer, together assist parents and couples whose love suffers from the everyday family and work stress. For years they have been living together in a patchwork family, the children all related through the father.

In the period after becoming parents, existence as a couple is often overlooked. Vexing lack of time and sleep, unattainable expectations of oneself, or even troublesome family constellations result in heightened friction. As a result, parents often feel isolated, abandoned, and misunderstood, and couples can fall into considerable crises.

That is why the psychologists Micaela and Ulrike Peter have written this couples therapy guide. It shows parents how couples can maintain a vital relationship and continue to be husband and wife despite the stresses and changes that come with parenthood. The authors emphatically break with existing taboos about parenthood and show with numerous exercises, questionnaires, and guidelines helpful ways back to partner love.

- Professional expertise meets personal experience
- Concrete solutions and everyday strategies
- With case studies from the lives of young parents