

DISARMING THE PAST

How an Intimate Relationship Can Heal Old Wounds

Jerry M. Lewis with John T. Gossett

“In Disarming the Past, Jerry Lewis, M.D., a brilliant thinker, impeccable researcher, and master clinician has translated his knowledge and wisdom from decades of research and couples therapy into a language accessible to the general reader. Together with John T. Gossett, Ph.D. he has written the best book on the healing power of marriage that I have seen. It should be read by all couples and be required reading for all couples therapists.”

- Harville Hendrix, Ph.D.

What would happen if a new miracle drug were developed that could give you:

- better mental and physical health,
- deeper meaning in life,
- greater satisfaction in everyday life,
- and increased psychological health for your children?

Of course, there is no such drug. And yet, there is something that can foster these effects: a strong long-term relationship.

Disarming the Past: How an Intimate Relationship Can Heal Old Wounds shows that the central committed relationship in our lives is, among other things, our best chance to extricate ourselves from a painful past. Designed for action, the book reaches out to the entire field – therapists and clients. This is a breakthrough resource for all those who wish to gain the benefits of that as-yet undiscovered miracle drug.

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