

The Relationship Fix

Dr. Jenn Mann, Harville Hendrix - Foreword by PhD, Helen Lakelly Hunt - Foreword

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Synopsis

author	Dr. Jenn Mann, Harville Hendrix - Foreword by PhD, Helen Lakelly Hunt - Foreword by PhD
readBy	Coleen Marlo
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Can your relationship be saved? The star of the hit VH1 show *Couples Therapy* with Dr. Jenn looks at what can be fixed, what can't, and what can take your relationship to new heights.

Based on cutting-edge research and almost three decades of clinical experience as a marriage and family therapist in private practice, Dr. Jenn Mann teaches you everything you need to know have a deeper, more satisfying relationship, and the skills to fix one that isn't working.

Listening to Dr. Jenn's book is like sitting down with her for a personal session in her treatment room. Using her tell-it-like-it-is approach, Dr. Jenn guides you through the six steps needed to get your relationship on track and helps you to:

- Use conflicts to strengthen your relationship
- Create connection with your partner, even if you haven't felt it for years
- Recognize and know what to do when unresolved issues are hurting the relationship

The Relationship Fix is also filled with case studies and stories from Dr. Jenn's clients on VH1's *Couples Therapy* with Dr. Jenn, her popular radio show, and on her own personal experiences.

Reader's comments

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