



The Resilient Couple: Navigating Together Through Life

Lynn Levy Ph D, Philip Levy Ph D

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Challenging events occur in the lives of most couples, but when two therapists are confronted with what can only be described as a "tsunami" in their lives, bedlam and chaos could easily have set in. Instead, they reveal how they navigated through the challenges and transformed it into an opportunity for self-discovery and growth, independently and as a couple. This book addresses the enormous obstacles they faced from a personal perspective, but also contains the insights and practical advice learned from years as therapists, clinicians, educators, and marital partners. Unlike any other relationship handbook, the authors' challenges are revealed from the unique perspective of personal thoughts and feelings, how they negotiated their dilemma and renegotiated the future, all told from the viewpoint of "He said," "She said," "We said," and "Lessons Learned." Readers will be offered a recipe for how couples can survive their own tsunamis--told with humor and poignant anecdotes. Once read, it will become *the* book couples repeatedly refer to when they hit the inevitable roadblocks that emerge throughout the life course, helping them to recapture the love and optimism of the first "I love you," the proposal, and their wedding day!

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