



## Can't Live with 'Em, Can't Live without 'Em

*Stephen Arterburn, David Stoop*

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Living in a love-hate relationship-with your spouse, kids, parents, friends, co-workers, and even God-can leave you feeling confused and furious. But the practical strategies presented in this book will help you overcome your most agonizing relational predicaments. Drawing on a wealth of experience as therapists and as best-selling authors, David Stoop and Stephen Arterburn provide you with:

- Insightful analysis of the "problem behind the problem behind the problem" in love-hate relationships
- Hands-on questionnaires and exercises to help you sort out your mixed-up feelings
- Real-life case studies that show how you can protect yourself from abuse without cutting yourself off from people you care about
- Professional advice to help you work through your bitterness and disappointment and manage the healing act of forgiveness

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