



IN LOVE AND HAPPY DESPITE OUR DIFFERENCES

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With the collaboration of France Duval

When two unique beings decide to love each other, there is a world of differences they have to learn to deal with!

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So many elements define us: our personality, our temperament, our past experiences and even our genetics! No wonder the union of two people causes a few surprises, and even friction. For forming a couple means sharing our life with someone who, of course, resembles us, but who is inevitably different. These differences are often deeply entrenched in each of us, but it is possible to use them to our advantage to enrich a relationship.

To achieve this, you first have to know yourself well. You also have to be able to identify those wounds that haven't quite healed, because they have the potential to resurface at any age and disrupt a couple's life. This can then lead to conflict in the relationship, without either one knowing exactly why two beings who love each other so much can come to distrust each other. Luckily, because of recent developments in psychotherapy and neurobiology we have been able to discover the origins of this pain and lighten its emotional load.

Since self-knowledge is fundamental in a happy relationship, this book invites you on a true voyage of self-discovery and exploration. It will also help you come to terms with individual differences by developing compassion and acceptance. Being happy as a couple? It's possible!

STRONG POINTS

- The best advice from a psychologist specialized in couples therapy.
- An up-to-date discussion that takes into account new approaches in psychotherapy and the latest perspectives in neurobiology.
- Few books for a general readership present so many psychological concepts in such a concise and readable way, or talk about the importance in the life of a couple of the healthy management of individual differences.
- An accessible and fascinating approach, with situational examples that illustrate the concepts touched on.

Subjects: romantic relationships, conflict, couples, difference, trauma of abandonment, rejection, indifference, couples therapy

François St Père has a doctorate in psychology. A specialist in couples therapy, he is also an author, lecturer, trainer and supervisor. He has had a private clinical practice for more than 20 years.

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