



Couple Burnout: Causes and Cures

Ayala Pines

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Couple Burnout: Causes and Cures Ayala Pines

In *Couple Burnout*, Ayala Pines offers a unique model to combat relationship burnout by describing the phenomenon of couples burnout; its causes, danger signs and symptoms; and the most effective strategies therapists can use. Distinguishing burnout from problems caused by clinical depression or other pathologies, Pines combines three major clinical perspectives that are used by couple therapists--psychodynamic, systems and behavioral--with additional approaches that focus attention on the social- psychological perspective and existential perspective to couples' problems.

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