

# Constantly Arguing?



You want things to change but don't know how to go about it.  
You tried to fix it on your own without success.

## **Get Your Relationship Back on Track. Learn How To:**

- Resolve feelings of anger, jealousy and resentment
- Stop fighting and learn relationship skills that work
- Tackle sex and intimacy issues
- Overcome anxiety, depression and loss
- Develop more effective ways to get what you want

**Offices in Laguna Beach and Beverly Hills or via Skype**

**Call now for  
a FREE session!**

**+1 (310) 500 8442**

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DrGilbert@DrGilbert90210.com**

## Is Couples Therapy Right for You?

You're not ready to call it quits, but clearly your relationship is deteriorating. If something does not change soon, you fear you'll be headed for divorce. You want things to change and now realize you need professional help. Dr. Gilbert can teach you how to:

- Make your relationship a priority and get it back on track
- Feel more connected, appreciated and heard
- Cope with an affair and restore trust
- Turn anger and resentment into constructive dialogue
- Avoid using food, drugs or alcohol to cope
- Express your feelings and opinions without fear

## Enjoy Life More When You Feel Connected

The first steps in getting your relationship back on track are for Dr. Gilbert to help you stop the constant arguing and nitpicking, begin a constructive dialogue to identify the major issues and establish workable solutions through balanced compromise and mutual respect.

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