

Mit Schwung in die zweite Halbzeit



Only available in German.

Short description of the book:

This book is aimed at couples who have been together for a long time. [Elisabeth H. Knoth](#) encourages them not to neglect the care of their relationship. The experienced couples therapist gives the appropriate care instructions along the way. It doesn't matter whether your own marriage is already more rusty or could simply do with a little freshening up: The numerous tips and suggestions as well as concrete, practical exercises help to make the second half the best years together. The following applies to most things: only what is well cared for lasts. Marriage and partnership are no exception. But often the time for this is quickly lost in the turbulent everyday family life. Once the children have left home, many find it difficult to reconnect as a couple.

234 pages * ISBN 9783761567869 *

Available via impuls- book "Mit Schwung in die zweite Halbzeit" (beratung-knoth.de) and in bookshops.

Author's brief description:

Elisabeth H. Knoth, psychotherapeutic alternative practitioner and supervisor in private practice

Since 2014, she and her husband have been holding seminars for mature couples several times a year (silver wedding anniversary behind them, children almost out of the house...). With her counselling practice itself, she could almost celebrate her silver wedding anniversary (24 years). So she has accumulated a lot of experience in talking to couples. Also the realisation that some are not "seminar types" at all and certainly don't want to go away for it. That is why the author has started to prepare this knowledge in a humorous way for the sofa at home.