



Post-Dramatic Relationship Syndrome: How to Find Your Drama-Free Zone! (Paperback)

By Valerie Maholmes Phd

Valerie Maholmes, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dr. Valerie Maholmes introduces a humorous play on words and fun anecdotes to encourage women to focus on their emotional health and well-being. She coined the term Post-Dramatic Relationship Syndrome or PDRS to describe what we do and how we feel in the aftermath of dramatic relationship. Most of us have a little drama in our romantic relationships--an argument here, a miscommunication there. No big deal. But when that drama consumes your relationship or when your relationship ends in dramatic fashion, you might be at risk for Post-Dramatic Relationship Syndrome! You won't read about this in psychology texts or in medical books, but Maholmes shows how PDRS can affect women of all ages and from all walks of life. This timely book gives insight into the signs and symptoms of PDRS so that women can begin the process of living and loving in the drama-free zone. Maholmes provides illustrations of the ups and downs of dramatic relationships to encourage personal reflection and inspire action planning to chart out a healthy path toward personal satisfaction, as well as improved psychological health...



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