



IRRELATIONSHIP: How we use Dysfunctional Relationships to Hide from Intimacy

Mark B. Borg, Grant H Brenner, Daniel Berry

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An important and transformative guide that addresses the protective, yet dysfunctional dynamic where couples avoid genuine connection with an unsatisfying pattern of false intimacy. Drawing on their extensive clinical experience, the authors look at “song and dance” behavioral routines repeatedly performed by couples in irrelationships and delve into the most difficult emotions and actions to help readers achieve personal breakthroughs.

Written for anyone who wants to understand unhealthy patterns and how to change them, *Irrelationships* will help readers develop interpersonal skills, creating a new opportunity to heal and restore loving relationships.

Mark B. Borg, Jr., PhD, is a community psychologist and psychoanalyst, and a supervisor of psychotherapy at the William Alanson White Institute.

Grant H. Brenner, MD, is a board-certified psychiatrist in private practice, specializing in treating mood and anxiety disorders and the complex problems that may arise in adulthood from childhood trauma and loss.

Daniel Berry, RN, MHA, has practiced as a Registered Nurse in New York City since 1987 and has worked for almost two decades in community-based programs.

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Paul Cockrell:

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