

Thinking Out Loud

A Quarterly Newsletter

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Individual, Couple & Group Therapy

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Debra's new book now available!

Love in Action: A Manual for Lasting Love

According to psychotherapist Debra Joy Goldman, couples can improve their relationship with simple, small changes. Her new book instructs how to have more love and fulfillment, and offers inspirational and motivating techniques to improve your relationships. The book is available at Debra's office in North Palm Beach, online at her website:

www.debrajoygoldman.com, as well as: www.blurb.com/bookstore/detail/1464409

Love in Action

*A Manual for
Lasting Love*

Debra Joy Goldman

With more than 20-years experience in private practice treating couples and individuals, Debra brings a wealth of knowledge and experience to the important topic of relationships. Her writing is easy to read and understand. The book will provide insightful, actionable ideas to assist you in your endeavor to have the love and fulfillment that you want.

I am very excited to publish this book and to be able to share so many wonderful success techniques with so many people. I hope to hear from you soon if I can assist you!

- Debra Joy Goldman



Do you feel your life, relationship, or attitude could use some improvement?

I provide individual, couples, and group counseling.

A free 15- minute phone consult is available for new clients. Let's talk today.

**FREE PHONE CONSULT
561-844-1340**

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- Debra's new book: *Love in Action: A Manual for Lasting Love*
- **Free 15 minute phone consult**
- New Dream Group starting in September
- **What have you done today to show your spouse that you love them?**

To subscribe to this newsletter visit www.debrajoygoldman.com and submit your e-mail.

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Dream Group

Your dreams speak in a symbol language of pictures and images. These symbols are universal and at the same time, personal to you. Your dreams are a channel to your unconscious. Your unconscious influences the way you live your life. Dream language is a valuable language to learn so you can reveal the messages from your dreams. In this group you will learn how to read the language of your dreams.

Next 4-session cycle meets on the following dates:

Thursdays 6:00-8:00pm

- September 16
- October 7
- November 4
- December 2

Fee \$50.00 per session. To register call 561-844-1340



*Do something everyday to
let your spouse know that
they are special to you*

What have you done today to show your spouse that you love them?

Most of you get into a routine; you play the role, husband, wife, father, or mother and lose sight of the romance and the love. What action have you taken today to say, "I love you" to your spouse?

Gary Chapman, a marriage therapist, in his book titled, *The Five Love Languages*, talks about five different ways you can express love to your partner:

1. Quality one-on-one time: away from the kids, work, and household chores. Make time for the two of you to have fun with each other.
2. Gifts: Large or small, bought or homemade. Giving a gift to your spouse shows that you took the time to think of them and do something caring.
3. Doing things: You might do the laundry, pick up the dry cleaning or bring them their morning coffee.
4. Physical affection: Touching, hugging, holding hands, and sex are all ways to express your love.
5. Words: Telling your spouse what they mean to you. Expressing your love and your caring with words.

Each of you has a native love language, a way of expressing love that is more natural. Although all the expressions of love feel good to your partner, finding what language they speak can lead you to the way to express love that touches their heart.

One clue is to watch which language they use to express their love. This is probably the way they would like to receive love too. If your spouse does things for you, try doing something for them. You will see how much it means to them when you do the vacuuming or food shopping. Believe it or not these can be highly romantic gestures.

Do something everyday to let your spouse know that they are special to you. Life is unpredictable. Seize the moment and enjoy today with your loved one.

THE GOOD NEWS IS: You are taking the time to read this and educate yourself so there is nothing to stop you. Act now, or let me help you explore what's stopping you.