



You Owe Me: The Emotional Debts That Cripple Relationships

By Eric J. Cohen, Gregory Sterling

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Often in intimate relationships, one partner is called upon to give more than the other--to put a spouse through school, to raise a family, to provide stability, to indulge the other sexually and/or emotionally.

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Editorial Review

From Library Journal

Clinical psychologist Cohen and Sterling, a finance expert, have developed the concept of debtor and creditor to explain the underlying emotional debts that affect relationships, whether between spouses, partners, friends, relatives, or co-workers. "Debtors" believe that they owe something to their partner and thus feel guilty, while resentful "creditors" believe that they are owed. Although the book's introduction and early chapters strain to make the analogy, this is still great talk-show material, making extensive use of scenarios that sound just like conversations we've overheard or had ourselves. The authors include a self-assessment inventory and follow it with examples of chronic debtors and creditors. They offer proven methods for negotiating debt settlements and explain how to achieve and maintain balance in a relationship. This book will be popular in public libraries and may be appropriate for academic libraries with pop psychology collections. ASusan E. Burdick, MLS, Reading, PA
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Users Review

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Charlotte Maas:

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