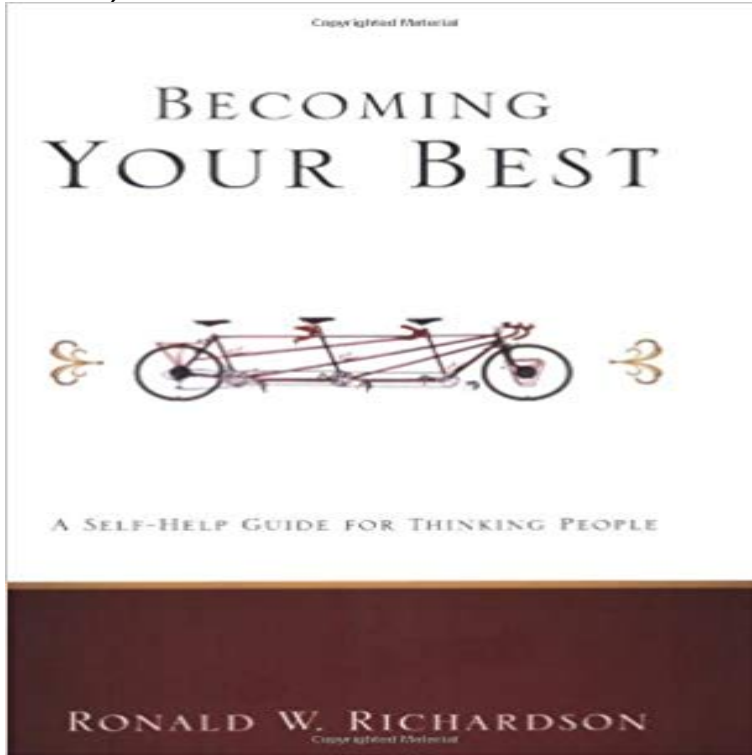


# Becoming Your Best: A Self-Help Guide for Thinking People (Living Well)



What makes for a good relationship? Author Ronald W. Richardson says that good people make good relationships. Jane Austen would agree with him. Drawing on the insights of modern family systems theory, this self-help book for thinking people addresses the issues of emotional maturity, strength of character, values, and thoughtfulness in each partner and how these virtues each contribute to good relationships. Richardson, a certified marriage and family therapist, relies on his thirty years of clinical experience, teaching, and supervision for relevant, contemporary examples as he illustrates how good people make for good relationships. In addition, selections from Jane Austen's many novels provide an entertaining perspective on timeless truths.

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