



Why Are You Driving Me Crazy?: How the Dramas of Marriage Can Change You for Good

Jana Edwards

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Why Are You Driving Me Crazy?: How the Dramas of Marriage Can Change You for Good Jana Edwards

Author Jana Edwards brilliantly makes the case that the "crazy-making" we experience with our spouses is the best way to achieve positive, permanent change in our lives.

Edwards offers a provocative, fascinating look inside the dramas that anyone in a committed relationship experiences. Why dramas? Because our brains so badly need to express what they've held in since childhood, "reliving those old emotions with someone who feels like family again."

Edwards uses real-life dramas, chosen from the more than two hundred couples she's treated, to illustrate how to harness and redirect these emotions toward change. She also clearly explains the science behind how our brains choose exactly the right partner for us and how our relationships will help us grow when we engage in, rather than avoid, marital conflict.

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