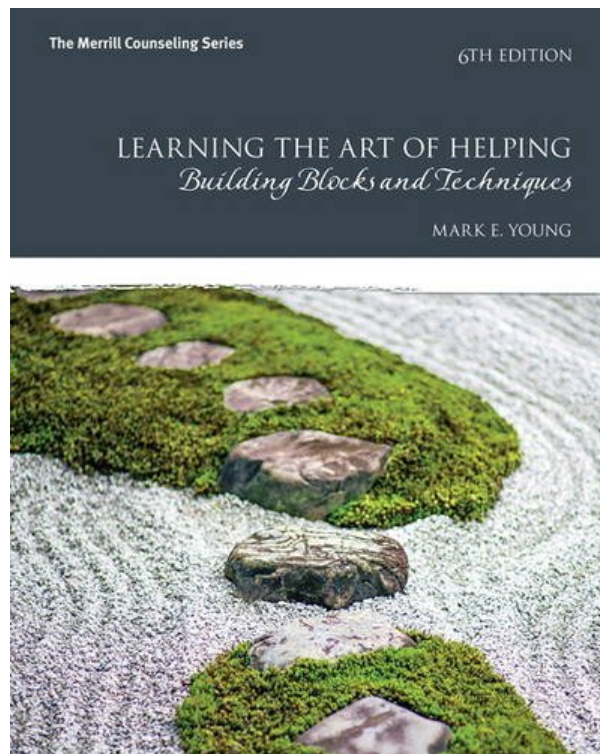


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Mark E. Young is Professor at the University of Central Florida. He received his bachelor's degree from Miami University, his master's from Wright State University, and his doctorate from Ohio University. He has trained helpers for more than 25 years and worked as a therapist in community mental health, private practice, college counseling centers, and corrections for more than 15 years. Since 2003 he has been affiliated with the Marriage and Family Research Institute teaching relationship skills to low-income couples. His professional writing has focused mainly on therapeutic methods and techniques, wellness, and couples. If you have comments or suggestions on what you have read, please send an e-mail to [meyoung3000@gmail.com](mailto:meyoung3000@gmail.com).

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