

## For Immediate Release



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# Are Your Relationship Rules Ruining Your Happiness?

What if the problems in your relationship aren't about you or your partner... but about the unspoken rules you've been living by?

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May 15, 2026



Are Your **RELATIONSHIP RULES RUINING** Your **HAPPINESS?**

*How Unconscious Relationship Patterns Sabotage Love—and How to Break Free*

Anne Dranitsaris, Ph.D.

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**A PRACTICAL ROADMAP TO HEALTHIER, MORE CONSCIOUS RELATIONSHIPS**

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### Local Author and Psychotherapist Releases New Book on Why Relationship Patterns Keep Repeating

Anne Dranitsaris, Ph.D., challenges the idea that people need to keep fixing themselves or their partners to create healthier relationships.

Kawartha Lakes, Ontario | May 1, 2026

Author, psychotherapist, relationship expert, and leadership coach **Anne Dranitsaris, Ph.D.**, has released her new book, ***Are Your Relationship Rules Ruining Your Happiness?***, now available on Amazon.

The book speaks to anyone who has spent years trying to make a relationship work by becoming more patient, more understanding, more careful, more self-aware, or more accommodating, only to find themselves stuck in the same painful patterns.

Rather than framing relationship struggles as a sign that one person is broken or that the relationship is doomed, Dranitsaris introduces a powerful new idea: many couples are not fighting about what they think they're fighting about. They're reacting from unconscious relationship rules formed long before the relationship began.

"People often think they need to fix themselves or get their partner to change," says Dranitsaris. "But many of the problems that keep repeating are driven by unspoken rules about love, safety, rejection, approval, control, and emotional protection. Until those rules are seen, they keep running the relationship."

***Are Your Relationship Rules Ruining Your Happiness?*** helps readers identify the hidden beliefs and emotional patterns that shape how they respond to love, conflict, disappointment, distance, and unmet needs. The book offers a practical roadmap for understanding these patterns, rewriting outdated rules, and building more conscious, emotionally mature relationships.

Dranitsaris brings more than 40 years of experience as a psychotherapist, executive coach, author, and behavioural change expert. Her work integrates psychology, attachment, neuropsychology, personality development, and decades of clinical and organizational experience.

The book is especially relevant for people who are tired of the same arguments, the same emotional shutdowns, the same over-functioning, and the same disappointment, despite years of personal growth, therapy, or relationship work.

To mark the launch, the book is available at a special introductory price until **May 15, 2026**:

**Kindle: \$9.99 USD**

**Print: \$12.99 USD**

After May 15, prices increase to **\$11.99 USD for Kindle** and **\$17.99 USD for print**.

Dranitsaris is available for interviews, feature stories, radio segments, television appearances, podcasts, women's groups, book clubs, and expert commentary on relationship patterns, codependency, emotional attachment, self-protective behaviours, and why trying harder doesn't always lead to a better relationship.

### **Suggested Interview Topics**

- Why trying to fix yourself or your partner doesn't work
- How unconscious relationship rules are formed
- Why couples keep having the same fight
- How adaptive show up in relationships
- The difference between self-protection and real connection
- How people can begin rewriting the rules they live by in love

### **About the Author**

**Anne Dranitsaris, Ph.D.** is an author, psychotherapist, codependency expert, executive coach, and behavioural change specialist with more than four decades of experience helping individuals, couples, and leaders understand the unconscious patterns that shape their lives and relationships. She is the author of more than 75 books on personal development, leadership, Imposter Syndrome, personality type, and authentic self-development.

**Book:** *Are Your Relationship Rules Ruining Your Happiness?: How Unconscious Relationship Patterns Sabotage Love—and How to Break Free*

**Available:** Amazon

**Websites:** [www.annedranitsaris.com](http://www.annedranitsaris.com) | [www.dranitsaris-hilliard.com](http://www.dranitsaris-hilliard.com)