



# Should I Stay Or Go? : How Controlled Separation (CS) Can Save Your Marriage

*Lee Raffel*

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Until now, couples facing the dilemma of deciding whether or not to stay in an unhappy marriage had three options: individual or couples therapy, separation, or divorce. *Should I Stay or Go?* provides these couples with a fourth option--the Controlled Separation (CS). *Should I Stay or Go?* explains CS and shows how it can be used as a tool to help couples make the best decision for both partners.

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