

**MOST ARGUMENTS** are started in the frame of attack and defence, which is always a problematic structure of discourse. A lot of arguments could have been saved if people had just said, “This is my truth. This is how I’m feeling. How about you?” Then people wouldn’t need to argue. Attack and defence has to do with an orientation of blame as opposed to trying to see the truth of things.

changes my opinion a great deal.

**AN INDULGENCE I WOULD NEVER FORGO** is having two espressos at Café Regular in Brooklyn, where I go every morning. Every important meeting, every important conversation I’ve had in the past eight years – such as my first meeting with Josh and Elyse, two of the directors and executive producers of *Couples Therapy* – has happened there. It’s the centre of my universe. And if I don’t drink coffee, I’m extremely grumpy. Like, unwilling to function. Dangerous.

**LOVE** is the most powerful force in the

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