

Lesli Doares Professional Overview

Having a “happily ever after” marriage today can seem like a pipe dream. When your relationship doesn’t seem to go as planned, you make attempts to get it back on track. You talk about the relationship, leave it alone, seek help from friends and family, yet nothing seems to be getting any better. You feel like you have tried everything you know how to do but it all seems hopeless. This sense of frustration and despair about the marriage may even be leading to thoughts of separation or divorce. There is another way!

Lesli Doares is a passionate believer in marriage, but marriage done right. Her belief in the possibility for committed, thriving marriages has led Lesli on a mission to identify and deliver practical solutions to help couples like you create those successful relationships by taking the work and fear out of them.

The truth is that all relationships have their ups and downs. Couples need to have the right tools, and know how to use them, to keep their relationship together when the going isn't quite so smooth. Lesli knows that with some help it is possible for you to develop happy, fulfilling relationships with your current partner. It is possible to stop the blame and hurt, and resolve old disputes. You can learn to improve communication, reconnect in an intimate way, and create a strong, loving foundation that will support your “happily ever after” marriage.



Lesli is a licensed Marriage and Family Therapist and is currently in private practice. Since 2002, couples and individuals have been coming to her to learn how to make their relationship dreams come true. Her focus on helping couples build strong, secure relationships led her to create a five step approach they can use to build their ideal marriage. She presents this approach in her book

Blueprint for a Lasting Marriage: How to Create Your Happily Ever After with More Intention, Less Work (<http://www.LesliDoares.com>) Lesli has appeared as a guest expert on radio and television programs, as well as being quoted in articles in print and online, promoting the positive aspects of marriage.

Most recently, Lesli was a featured therapist on the ***John Tesh Radio Program*** (<http://www.tesh.com/>) and is a featured contributor on the ***Tango Network***.

Lesli Doares Professional Biography

Lesli Doares is a Licensed Marriage and Family Therapist. She received her M.S. in Psychology from the Georgia Institute of Technology in 1991. She has pursued further postgraduate and clinical work in the Marriage and Family Therapy program at East Carolina University. Lesli has provided psychotherapy services in the Triangle for the last few years. She has worked with women and children affected by domestic violence and sexual assault with Interact, a non-profit agency in Raleigh. Lesli also was an in-patient intern with Cancer Patient Support at Duke Hospital in Durham.

Education

- M.S. in Psychology, Georgia Institute of Technology, 1991
- B.S. in Psychology, Stanford University, 1981

Professional Experience

- Private Practice, 11/2002 – present
- In-patient Intern, Duke Hospital, 6/2003 – 5/2004
- Staff Therapist, Drs. Fortier, Inge, Holton, and Kerr, OB/Gyn, 1/2002 – 11/2002
- Family Therapy Externship, Interact, 2/2000 – 10/2002

Family Experience

- Married since 1986
- Son, born 1993
- Daughter, born 1996

Lesli's Contact Information:

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