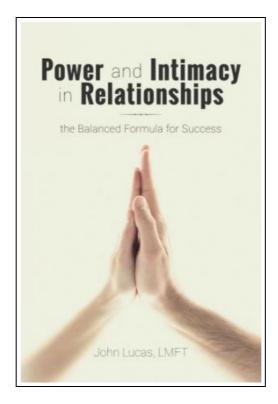
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Reviews

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(Prof. Maya Hand)

POWER AND INTIMACY IN RELATIONSHIPS: THE BALANCED FORMULA FOR SUCCESS (PAPERBACK)



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Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Human beings were created to be both powerful and intimate. The premise is true whether you draw from the field of psychology or religion. Both are essential for healthy living and relationships. Power and intimacy, while vital, are complementary and must be balanced like oil and vinegar in the salad of life. The focus of this book is to help people balance their lives and relationships with simple concepts and tools. Understanding how this formula works can help all of us overcome many of the issues we face in relationships and help us achieve the kind of happiness we long for in our lives. This book integrates psychological and Christian concepts into a philosophy of living that will bring us relational success. Women enjoy intimacy and men tend to want power, but what woman wouldn t also want some aspects of power and what man wouldn t want to enjoy some of the benefits of intimacy. Men and women need both sides of the equation. Learning how to balance that is one of the aspects of this book. This book offers six keys to successful relationships, nine concepts to better self-esteem and nine tools to maintain healthy relationships. The book also has four types of people represented by Winnie the Pooh characters. There are two types of power people and two types of intimacy people. Power and Intimacy in Relationships is a book that gives the reader a simple, easy to use concept as well as practical and helpful tools.



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