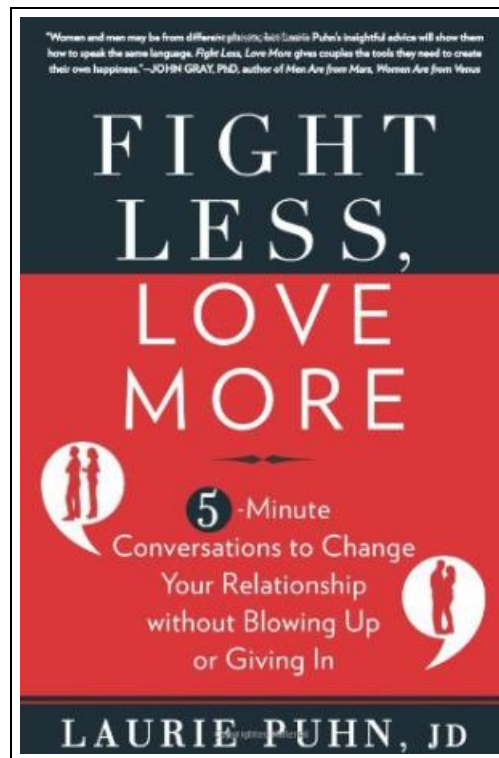


Fight Less, Love More: 5-Minute Conversations to Change Your Relationship Without Blowing Up or Giving In (Hardback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

FIGHT LESS, LOVE MORE: 5-MINUTE CONVERSATIONS TO CHANGE YOUR RELATIONSHIP WITHOUT BLOWING UP OR GIVING IN (HARDBACK)



RODALE PRESS, United States, 2010. Hardback. Book Condition: New. 216 x 145 mm. Language: English . Brand New Book. Harvard-trained lawyer and family and divorce mediator Laurie Puhn shows busy couples how to stop fighting and start communicating. It happens every day a simple exchange or harmless response turns into a heated debate or worse, an all-out battle. Hard-pressed for quality time with our partners and spouses, it's easy to fall into a poor communication routine. How can two people who love one another so much have such difficulty talking to one another? Drawing on her expertise in legal mediation and conflict resolution, Puhn's fresh approach gives simple, 5-minute conversations that will instantly improve communication as well as the quality of relationships. In *Fight Less, Love More*, learn how to identify and conquer the poor verbal habits, instinctive responses, and emotional reasoning that can cloud judgment and ultimately lead to the deterioration of otherwise healthy relationships. Love is conditional, argues Puhn, and for love to survive, couples don't need to talk more they need to talk better. With exercises, examples, and sample scripts, Puhn's simple 5-minute strategies promise immediate results and provide long-lasting communication skills that couples can confidently employ when faced with future conflict.



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