



The Relationship Skills Workbook: A Do-it-Yourself Guide to a Thriving Relationship (Paperback)

By Julia B. Colwell

SOUNDS TRUE INC, United States, 2014. Paperback. Book Condition: New. Workbook. 251 x 203 mm. Language: English . Brand New Book. What are the ingredients of a successful and enduring relationship? Love, passion, and commitment are all vital-yet without certain basic skills, even the most devoted partners can find themselves descending into arguments, power struggles, and disillusionment. With The Relationship Skills Workbook, Dr. Julia B. Colwell presents a practical guide for building a conscious partnership based on communication, cooperation, and trust-offering a much-needed guide for helping couples disarm the explosive conflicts that most commonly break apart relationships. While relationships often seem mysterious, Dr. Colwell says, there are a few elegantly simple concepts that can help any couple through the most difficult spots. Here is a friendly and easy-to-use resource of proven tools for getting unstuck from power struggles, ending the blame game, creating win-win agreements, using on-the-spot crisis and conflict first aid, healing and forgiving after clashes, and much more.



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