



A Couples Handbook: Understanding and Negotiating Relationships (Paperback)

By Melanie Jane

Balboa Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Relationships can be one of the most rewarding, loving and fulfilling experiences a human being can have in their lives. But they can also be the most painful, destructive and devastating as well. In our lifetime we may experience both sides of relationships, feeling the highs of being loved and appreciated or the lows of feeling unloved and taken for granted. But whatever our experience of relationships, the question most of us ask ourselves at some stage or another is what makes a relationship work and what doesn t? A Couples Handbook: Understanding and Negotiating Relationships, provides couples with a psychological awareness about why we create the relationships we do and a guide to help change and navigate through them. It acknowledges that for our relationships to work well they require our time, patience and the dynamic power of our positive volition. Demonstrating that through the process of alchemy and our willingness to let go, we have a pathway to transform our negative thoughts, emotions and conditioning and reclaim the freedom to be ourselves and thrive in our relationships and...



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The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

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