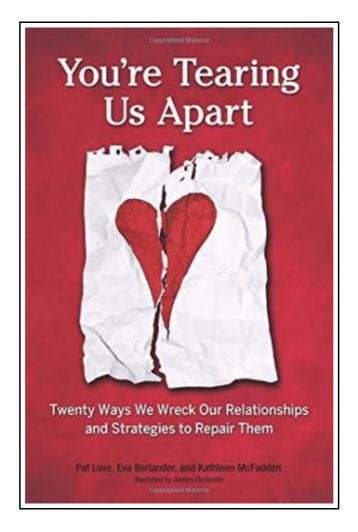
# You re Tearing Us Apart: Twenty Ways We Wreck Our Relationships and Strategies to Repair Them (Paperback)



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(Dr. Kayden Gerlach)

# YOU RE TEARING US APART: TWENTY WAYS WE WRECK OUR RELATIONSHIPS AND STRATEGIES TO REPAIR THEM (PAPERBACK)



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HEALTH COMMUNICATIONS, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book. No one argues with the fact that relationships in the 21st century are complicated. One recent study found that couples spend only 35 minutes per week in intimate conversation; the rest of the time they rely on electronic contact and notes. To keep a relationship from hitting esc or worse, delete, this fast-paced life calls for fast-paced strategies, and this book is full of them! Many broken relationships not only can be mended, but they can actually be magnificent. You re Tearing Us Apart follows a simple, get-to-the- point formula for each chapter. First, a narrative describes what it s like living with someone who is practicing relationship-threatening behaviors. Next, the psychology behind the behavior is explained, followed by a succinct account of why this particular behavior threatens relationships. Finally, the best strategies for transformation are spelled out, covering such a wide range of options most any couple can easily comply. These four sections validate the experience of both partners, offer concrete reasons why change is necessary and then present a selection of strategies to move forward.

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