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The Couples Manual: A DIY Guide to Building, Repairing and Maintaining Exce

By Don Ferguson Ph D

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you or is someone you care about considering a committed relationship. This manual covers the best of relationships as well as possible conflicts or fights. Most marital fights are about the wrong subjects. That is why they feel so frustrating and hopeless. Such battles cannot offer relief. Arguments about nothing, or arguing when the partners are not on the same subject, only function to avoid the real questions. The real questions may be scary, or our training since childhood may not prepare us to ask them. As you read through this manual and explore the questions under Can we talk here? at the end of each chapter, you will discover new ways to approach these important questions. First of all, consider whether some of the questions below touch on major issues that you are not discussing, but should be. As you read these questions, how do you feel? Can you picture asking your partner these questions? Also consider these same questions in terms of how you view your partner. Are you happy? How do you feel about...



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