



Stop Arguing, Start Talking: The 10 Point Plan for Couples in Conflict

By Susan Quilliam, Relate

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Stop Arguing, Start Talking: The 10 Point Plan for Couples in Conflict, Susan Quilliam, Relate, For some people, an argument with a loved one is a catastrophe, a sign that a relationship must surely be over, for others a heated discussion is a way of letting off steam, a way of ensuring that passion is kept alive. But what is 'normal' communication for couples? How can you get past the raised voices or silent disapproval, to listen and understand what is really being said by your partner? Relationships change over time, and the way we communicate does too. This practical, readable and sometimes humorous book, based on over 60 years of cumulative experience from Relate, the marriage guidance experts, will help couples to break free of old patterns of behaviour and avoid using words as weapons when the going gets tough. It will help encourage upfront discussion rather than resorting to nagging, and will give you the skills you need to understand what your partner is really trying to say to you - to bring discussion rather than confrontation back into your relationships.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III