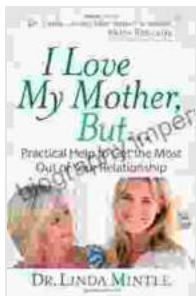


Practical Help To Get The Most Out Of Your Relationship

A Guide for Couples

Are you looking for ways to improve your relationship? Do you want to learn how to communicate more effectively, resolve conflict, and build intimacy?



I Love My Mother, But...: Practical Help to Get the Most Out of Your Relationship by Linda Mintle

★★★★☆ 4.3 out of 5

Language : English

File size : 2205 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 256 pages

Lending : Enabled



If so, then this book is for you.

Practical Help To Get The Most Out Of Your Relationship is a comprehensive guide for couples who want to get the most out of their relationship. It offers practical tips and advice on all aspects of relationships, from communication to conflict resolution to intimacy.

This book will help you to:

- Communicate more effectively

- Resolve conflict in a healthy way
- Build intimacy and connection
- Create a lasting and fulfilling relationship

If you are ready to take your relationship to the next level, then this book is for you.

What's Inside?

This book is divided into three parts:

1. **Part 1: Communication**
2. **Part 2: Conflict Resolution**
3. **Part 3: Intimacy**

Each part contains practical tips and advice on how to improve your relationship in that area.

Part 1: Communication

In this part, you will learn how to:

- Communicate your needs and wants
- Listen to your partner
- Resolve misunderstandings
- Build trust

Part 2: Conflict Resolution

In this part, you will learn how to:

- Identify the source of conflict
- Resolve conflict in a healthy way
- Avoid destructive conflict patterns
- Build a stronger relationship through conflict

Part 3: Intimacy

In this part, you will learn how to:

- Create a strong emotional connection
- Build physical intimacy
- Resolve sexual problems
- Create a lasting and fulfilling relationship

Who is this book for?

This book is for couples who want to improve their relationship. It is also for couples who are struggling with communication, conflict, or intimacy.

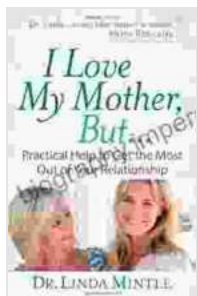
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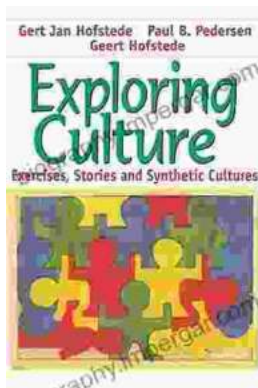
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