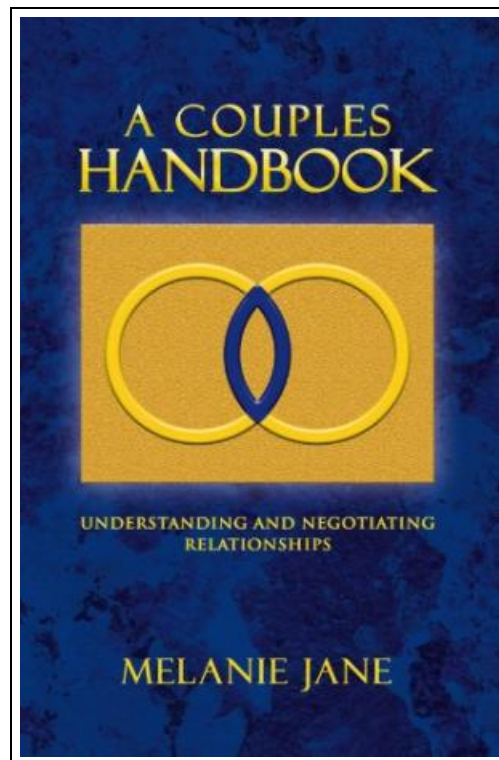


A Couples Handbook: Understanding and Negotiating Relationships (Paperback)



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Reviews

Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mrs. Dorris Wintheiser)

A COUPLES HANDBOOK: UNDERSTANDING AND NEGOTIATING RELATIONSHIPS (PAPERBACK)



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 lives. In sharing clear insights, practical tools and examples this book serves to remind us that through taking responsibility for ourselves, and understanding each other (interweaving the I and We energies), we can help create and live in happier, more fulfilling and balanced relationships together. It also brings us greater awareness as to why we must be willing to honour the vibration of oneness and equality to align our energy field to love and gratitude, in order to attain the harmony and unity we seek within ourselves and each other, in a sacred union.



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