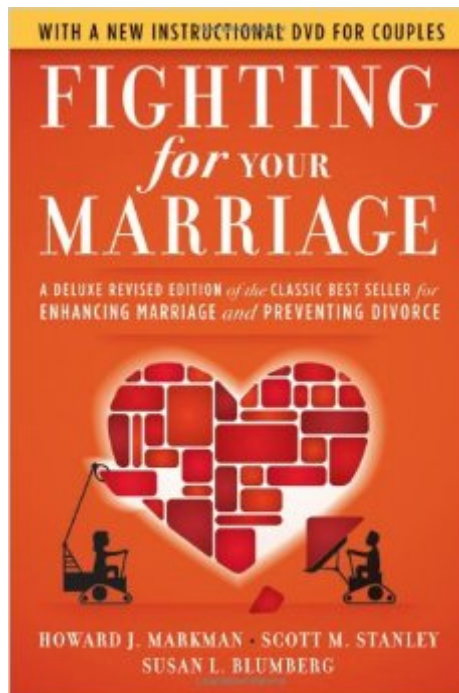


The book was found

Fighting For Your Marriage: A Deluxe Revised Edition Of The Classic Best-seller For Enhancing Marriage And Preventing Divorce



Synopsis

A thorough revision with a new DVD of couples in action, using the PREP method for strengthening marriage and avoiding divorce court The third edition of the best-selling classic on marriage enhancement and divorce prevention, features the latest research and changes of heart in our culture and society. New and revised, *Fighting for Your Marriage* is based on the widely acclaimed PREP (Prevention and Relationship Enhancement Program) approach. Groundbreaking studies have found that couples can use the strategies of this approach to handle conflict more constructively, protect their happiness, and reduce the odds of breaking up. The book is based on more than twenty years of university research Explores how to apply the PREP approach to any marriage Shows couples how to talk more and fight less, deepen and protect their friendship, and keep the fun alive Reveals what it takes to have a more intimate, sensual relationship and how to clarify and act on priorities The authors have included a wealth of techniques and down-to-earth guidance for all couples who seek to promote greater character and pleasure in their long-term relationships.

Book Information

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Customer Reviews

The 20th and 21st centuries has shown us a change in the trends of marriage; people are marrying total strangers, for very stupid and self-serving reasons, and people are quick to just throw a relationship away when it becomes even a tad hard. Let me just say that I am a flawed individual when it comes to dealing with my current relationship. My partner and I would fight a lot, by withdrawing or by becoming very aggressive. We would fight like cats and dogs and many times I

have contemplated to just walk away from him forever. It was all too much. He never let me go, of course, always clinging onto me with tears in his eyes. We love each other but we just do not know how to fight fair. That's where this book comes in to the rescue. I read the entire thing, cover to cover, and have implemented its exercises to my relationship. I cannot stress this enough, but the exercises are simply magical. The screaming matches were over; we no longer withdrew from each other. Sure, there has been a couple of relapses, but they get shorter and less intense each time. The Speaker-Listener Technique is a MIRACLE to do in our communication. Like I said, we still have some work to do, but the difference between how we used to be (fighting, screaming, etc) to how we talk now is like day and night. I realize that nothing is more important than the health of our relationship as well as my partner as a whole human being, with wants and needs just like I do. I honor my commitment with him and now I cannot imagine ever desiring a divorce or separation from him, and we're not even married yet! (We are engaged.) Too often, the media tells us to just go through relationships like we do with clothes. It might be fun for the short-term, but does it really make you happy deep down?

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