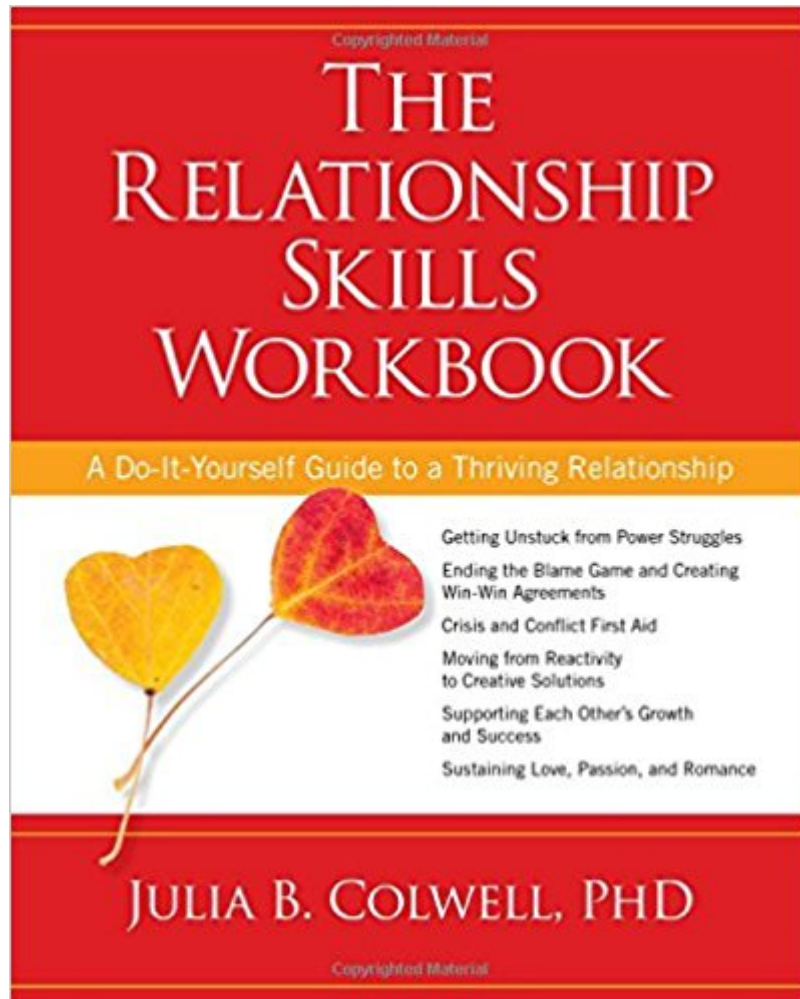


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The Relationship Skills Workbook: A Do-It-Yourself Guide To A Thriving Relationship



Synopsis

What are the ingredients of a successful and enduring relationship? Love, passion, and commitment are all vitalâ"yet without certain basic skills, even the most devoted partners can find themselves descending into arguments, power struggles, and disillusionment. With *The Relationship Skills Workbook*, Dr. Julia Colwell presents a practical guide for building a conscious partnership based on cooperation and trustâ"offering relationship-saving techniques and on-the-spot conflict resolution tools for disarming the explosive clashes that most commonly break couples apart. In this friendly and easy-to-use resource, Dr. Colwell teaches you essential tools for: Crisis and conflict first aidâ"communication strategies and emotional mastery techniques to stop arguing and start connecting Getting unstuck from power strugglesâ"how to shift from deadlock to mutual responsibility and support Ending the blame gameâ"letting go of accusation and resentment to create win-win agreements Supporting each other's growth and successâ"how to retain your personal autonomy while fully committing to your partner's happiness Moving from reactivity to creative solutionsâ"techniques to keep your brain's flight-or-fight instinct from undermining your heart's desires Sustaining love, passion, and romanceâ"how you can choose to create a magnificent relationship together "Relationships, while seemingly complicated, don't have to be so mysterious," Dr. Colwell says. "What I've learned from my decades of personal and professional experiences is that a few elegantly simple concepts and skills can help any couple through the most difficult spotsâ"and help us transform conflict into intimacy, passion, and ever-deepening love."

Book Information

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Customer Reviews

I participated in a group led by Julie (the author) for a year and a half. She is one of the kindest, most compassionate, and gentle people I know. All of that comes through in her book. Julie's done a fantastic job taking concepts that are, quite frankly, not mainstream ones and explaining them in gentle, every-day language that I find very understandable. I recommend this book whether you are familiar with the work of Gay and Katie Hendricks or not. If you are, Julie offers a very down-to-earth perspective of these techniques. If you're not, you'll find new ideas here that differ from the mainstream. If you're the type of person who wants to read a book and hopes to learn something without doing the work, I believe you'll get something out of the book, if for no other reason than being subjected to new ideas. However if you're an intrepid journeyer, interested in moving into connection through a place of authenticity and self-awareness, and willing to do the work, I definitely recommend this book to you. Sometimes the concepts presented in books like these can seem far-fetched and difficult to actually bring into one's life on an every-day basis. I started from the place where I was very shut down and I had many walls. When I started, I was just sitting with and opening to these ideas. As time went by, a few aspects resonated with me. I really focus on those aspects and found that I was making progress. I kept coming back to these skills and starting to incorporate new ones into my life. It has changed the way I step up in the world. I still have so very far to go with this work but, what makes me happy is that as far as I've come, this work allows me to keep learning and growing and creating a more authentic life.

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