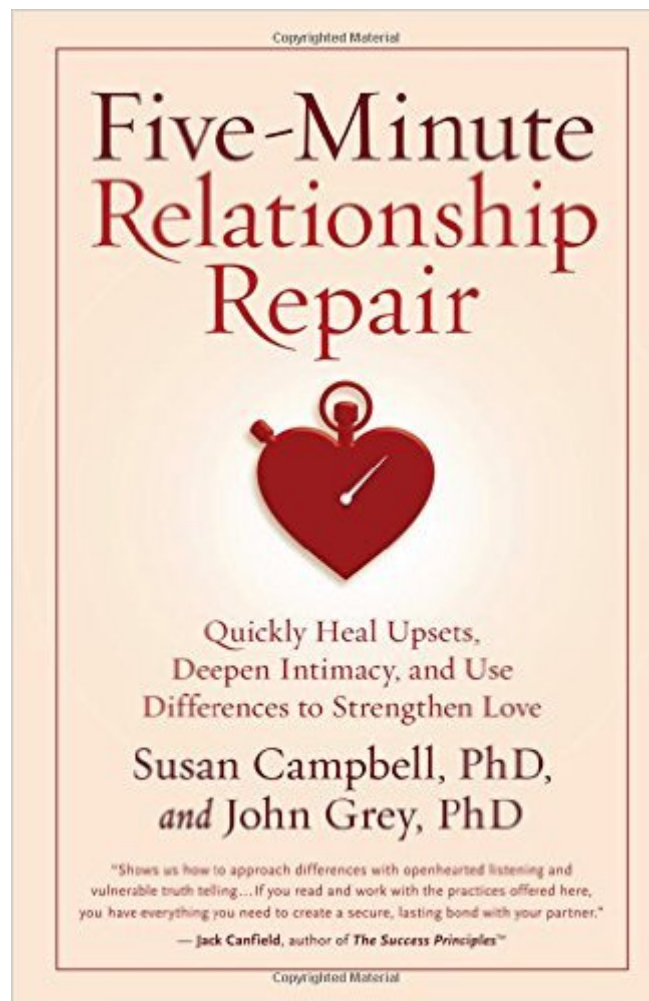


The book was found

Five-Minute Relationship Repair: Quickly Heal Upsets, Deepen Intimacy, And Use Differences To Strengthen Love



Synopsis

The Tool Kit No Relationship Should Be Without Long-term happiness in love depends on a couple's ability to repair the inevitable rifts and differences, large and small, that occur in any relationship. Neuroscience suggests that relationship upsets are best mended quickly, or they accumulate in long-term memory, increase reactive communication, and become harder to repair successfully. And good repair takes five minutes or less! This book offers practical tools and suggested scripts for resolving problems and having your needs met. Following its guidance, you can turn difficulties into opportunities to foster love, trust, and thriving intimacy.

Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #156,434 in Books (See Top 100 in Books) #247 in Books > Self-Help >

Communication & Social Skills #249 in Books > Self-Help > Relationships > Conflict Management

#250 in Books > Self-Help > Relationships > Dating

Customer Reviews

Where was this book when I was sixteen, twenty six or thirty six? All those years of miscommunication and tears may have been avoided. I'm older now but instead of learning how to avoid a blowup with my partner, I found that I still fell back into old behaviors especially if my partner pushed my buttons and I said something that, minutes later, I wish I hadn't. What's so helpful about this book is that the authors carefully and clearly show how and why we say the "dumb" things that get us into trouble with our sweetheart. They explain how current brain research helps us understand how we can repair our relationships. I'm really over-simplifying here, but we say "dumb" things because we feel fear and shame. The authors provide us a script of what to say that will get us out of fear and back into love. Although every chapter makes utter sense, it was difficult at first for me to remember the "script". I was very emotional at the time and had trouble recalling the right words. But my partner could see that I was trying to tell her I was afraid I'd lose

her. Fear and love don't mix well but admitting to your sweetheart that you were afraid she might leave you if you told her how much you needed reassurance is honest, first of all, and it comes from your heart. I've realized that the repairs in the book are not band-aids, they're more like an intimate language that fosters intimacy. I've used some of the repair statements and it takes a little practice but the payoff is wonderful. When I saw tears well up in my partner's eyes I felt such love for her and when she told me that she feared she would lose me and wanted, more than anything, for me to reassure her...I got teary eyed.

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