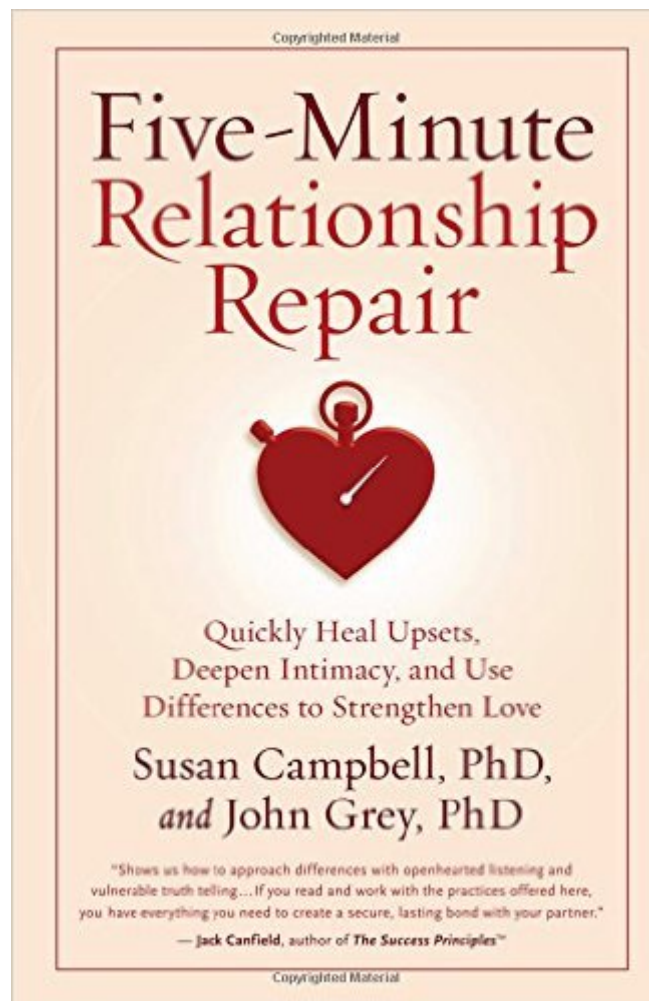


The book was found

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

Paperback: 296 pages

Publisher: HJ Kramer/New World Library (February 17, 2015)

Language: English

ISBN-10: 193207371X

ISBN-13: 978-1932073713

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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.

[Download to continue reading...](#)

Five-Minute Relationship Repair: Quickly Heal Upsets, Deepen Intimacy, and Use Differences to Strengthen Love
Credit Repair: The Complete Step-to-step Guide To Raise Your Credit Score Quickly And Control of Your Financial Life (Credit Repair Secrets, Credit Repair Tips, Fix Bad Credit)
Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1)
1 Minute Core: Strengthen Your Core In Only 1 Minute? Deeper Voice: Get a Deeper voice Quickly, Become a Leader: Proven way to deepen your voice:(Low pitched voice, Attractive Voice, Voice Singers, Manly Voice, Charisma, Power)
Food for Love: Healing the Food, Sex, Love and Intimacy Relationship
Couple's Massage Handbook: Deepen Your Relationship with the Healing Power of Touch
When Food Is Love: Exploring the Relationship Between Eating and Intimacy
Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All)
8 Important Money Decisions for Every Couple: *Discover Financial Harmony *Communicate Through Your Differences *Build a Stronger Relationship
Lick the Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry
Credit Repair Secrets: The Complete Credit Score Repair Book: How To Fix Your Credit, Improve Your Credit Score, And Bullet Proof Your Credit Report Using Current Credit Repair Tips
Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body)
Committed to Love, Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating Advice for Women Book 8)
The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One
Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1)
Intimacy & Desire: Awaken the Passion in Your Relationship
The Coconut Oil Miracle: Use Nature's Elixir to Lose Weight, Beautify Skin and Hair, Prevent Heart Disease, Cancer, and Diabetes, Strengthen the Immune System, Fifth Edition

Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better Yoga Beyond Belief: Insights to Awaken and Deepen Your Practice

[Dmca](#)