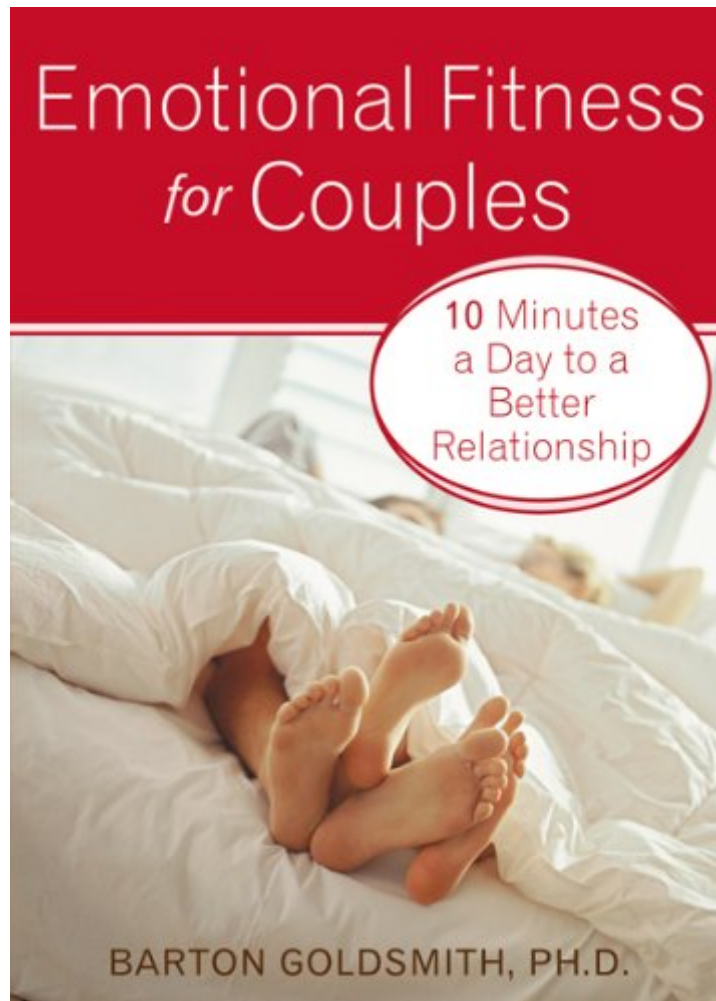


The book was found

Emotional Fitness For Couples: 10 Minutes A Day To A Better Relationship



Synopsis

The 10-Minute Relationship WorkoutPeak athletic performance requires regular exercise, and a great relationship depends on regular emotional practice to stay in top form. Don't wait for a crisis to make you scramble to save your relationship. Start building emotional fitness today! Emotional Fitness for Couples is a collection of simple tips that will energize you and hone your relationship skills to championship levels-in just ten minutes a day. Topics include: what the word 'love' really means; how to start fires in your sex life; how to date your mate; tricks for stopping an argument before it starts; and many other fun and practical ideas for getting emotionally fit.

Book Information

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Customer Reviews

This book is super cheese puffs. After four years of living in a chaotic relationship that finally seemed to get it's footing right, I thought we could work on building a deeper connection and have our newfound functionality blossom into a striving partnership or whatever. To address the old and leave it behind and build towards the future was my goal and for some reason, he agreed. This is a man's man, and for him to agree (my initial thought was, "Oh, why because you agree we have problems?") was miraculous. So, I put some time aside to research this thoroughly during my busy

day at work, and, after much thought and consideration, decided to go with this book. Just ten minutes a day! That's easy enough, right? Sure, it is, but I even stretch it out to once a week and unless I go over the material first and reword everything, it's grimace inducing. It's not that the concepts are wrong, it's just far reaching for certain types of relationships. I do not see myself and my boyfriend holding hands and staring to each others eyes intently for three minutes; that would make me laugh or want to get a snack. It's too corny. We have our problems, but to suggest deeply looking into each other's souls within the first few chapters can put the already downtrodden off the whole thing all together. Now, there are certain chapters that I feel would address these issues, but he thought we should go from the beginning forward. I really don't recommend that. Everyone is at a different point in their relationship or dealing with different issues. Some of it is too... pedestrian for us. We're not a 20 something, 6 month new couple. So, keep in mind that you should pick and choose.

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