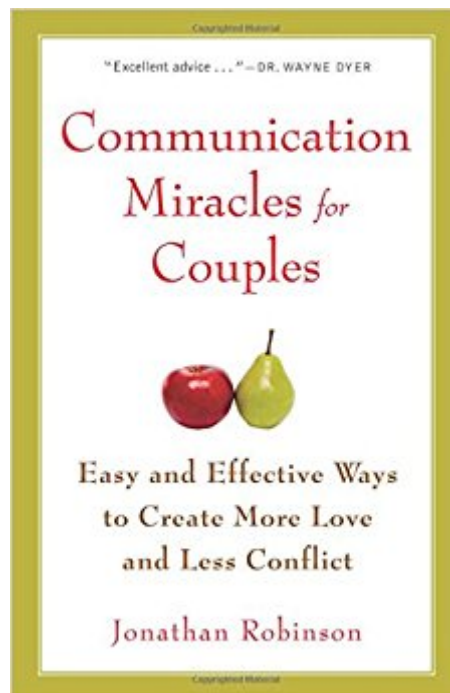




The book was found

Communication Miracles For Couples: Easy And Effective Tools To Create More Love And Less Conflict



Synopsis

Create lasting harmony and keep love alive with psychotherapist and bestselling author Jonathan Robinson's powerful and simple methods for effective couples' communication. For anyone who wants to enhance their relationship by learning to communicate with less blame and more understanding *Communication Miracles for Couples* will show you how. In just a few minutes couples will learn to:

- Feel totally loved
- Never argue again
- Get your partner to really hear you
- Repair broken trust
- Learn the secret of the Acknowledgment Formula

Originally published in 1997 and continuously in print with more than 100,000 sold *Communications Miracles for Couples* has helped hundreds of thousands of couples repair their relationships. Whether you are looking to enhance your relationship or are deeply mired in conflict, these techniques can help anyone develop more effective communication with a spouse or partner.

Book Information

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Customer Reviews

Simple practices create miraculous changes. Master the magic of effective communication and create more intimacy and harmony in your relationship.

Part One: Creating Intimacy If you want to have a great relationship, you will first have to satisfy your partner's needs for acknowledgment, appreciation, and acceptance. And the more effectively you can help him feel loved, the more loving he will be toward you.

What's the difference between acknowledgment, appreciation, and

acceptance?' Acknowledgment is being willing to agree that your partner really is having the experience they say they are having. Appreciation is the art of telling your partner what you like about him or her. To get in touch with what you appreciate, you can simply ask yourself, 'What do I like or appreciate about my partner?' Acceptance means you love your partner just as he is, warts and all. Another term for acceptance is 'unconditional love.'

Part Two: Avoiding Fights Conflict is inevitable between people. There is no getting around it. But conflict is not the problem. When handled effectively, difficulties can bring two people closer together. In fact, it would be nearly impossible for deeper intimacy to develop between partners without the aid of an occasional conflict. What really tears couples apart is blame. Blame, or the insistence on being right and making one's partner wrong, is like a slow-acting poison. There are two methods to get out of blame mode and communicate effectively when we're upset, frustrated, and certain we're right? The first technique is a series of three simple questions: 1.) What is likely to happen if I insist on being right (and blaming my partner)? 2.) Would I like to feel loved or be right? 3.) What is something I especially like about my partner? The second method for getting out of the blame mode is to turn it on its head. This question has consistently helps couples sneak past the tendency to feel they're fully right and our partner is 100% wrong. 'How might I have contributed to the situation we have here?'

Part Three: Solving Problems Without Bruising Egos Metaphors are simple phrases that help us understand an experience or situation by linking it to something we already are familiar with. For example, when someone says 'My relationship is like a battlefield,' it helps us to quickly and graphically understand what their relationship is like. By using metaphors to describe your experience to your partner, you help him or her to understand you both intellectually and emotionally. There is a simple way to create metaphors that will help you be better heard and more clearly understood: 1. Decide what you're feeling. (The most common negative feelings are anger, hurt, sadness, fear, guilt, and frustration). 2. Ask 'When has my partner ever felt something like what I'm feeling and felt it with similar intensity?' 3. Make a list and decide on the best choice. 4. Say to your partner, 'When (briefly describe your situation) happens, it feels like the experience you had when (briefly mention the corresponding situation he had).'

From the Author Jonathan Robinson As a psychotherapist, I've seen the devastating pain that can occur when two people are no longer communicating in a caring manner. Once locked into the 'blame game,' it can be hard to have any hope that things can be turned around. Well, I have good news and bad news for you. First, the bad news: if you keep doing what you've done in the past, you'll likely keep getting the same results. The good news is that, if you change how you communicate with your partner, things can get much better than you'd ever imagined. Over the years I've had countless couples tell me how quickly things improved in their relationship once they started to communicate with less blame and more understanding. Unfortunately, in today's fast-paced, consumer-oriented culture, we don't learn how to communicate effectively in romantic relationships. That's why practicing some of the ideas and methods in this book may seem a bit like learning a foreign language. And just like learning a foreign language, it will take some practice before you feel fully comfortable speaking in this new way. Yet, once you get the hang of it, I think you'll be amazed at how consistently these methods lead to the feelings of safety and connection you desire. For success in your journey of love each chapter includes

- Opens with a Poignant quote
- Includes clinical case studies and practical examples
- Chapter ends with Miracle reminders. Three key truths to take away
- Mastery Practice gives a specific exercise to practice method of communication

"Excellent advice for those seeking a spiritual partnership." --Dr. Wayne Dyer

Jonathan Robinson is a psychotherapist, professional speaker, and best-selling author of nine books including Shortcuts to Bliss and Shortcuts to Success. Visit him at www.howtotools.com.

This book is excellent. Although I found the techniques challenging to implement. If one can commit to using these principles, they will go a long way to offering a better relationship with your partner.

This book is an outstanding read and encouraging. I like that the author gave tools such as Scripts to use. I have used several with my partner and they worked. This book has been rewarding for me and the harmony in my relationship. The Scripts are powerful.

This book has amazing information for moving flawed in any relationship, great advice and broken down well so everyone can understand it. Good job and thank you.

Excellent information. Try this before going to a counselor.

It was an easy read with great examples of how we can make positive changes to not only hear what our partners are saying but also know what those words mean to him/her and that there is a emotional connection which when responding in love and unstanding benefits us both.

A good and useful tool for improving communication. There is nothing earth shaking here but it is all good stuff and definitely a fine review for even the best communicators.

If you and your partner are having a hard time hearing one another and just wanting to be heard, this book offers solutions on how to get passed such things. It speaks of trust and genuine love and how to build those things in your relationship.

good common sense approach to getting along, and keeping peace in a relationship

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