



The Relationship Doctor's Prescription for Healing a Hurting Relationship

David Hawkins

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Dr. David Hawkins uncovers the hidden reasons why couples may be hurting emotionally. He offers practical steps couples can take to heal their hurt and lays out a plan for preventing needless pain in the future.

This concise and easily accessible manual also identifies several communication strategies that couples often use but that actually never work, and it offers more helpful alternatives:

- Focus on ways you can agree, not ways you disagree.
- Attack the problem, not the person.
- If you're winning arguments, you're losing the battle.

Readers will find plenty of helpful alternatives to their destructive communication patterns and a full supply of easy-to-use steps to increase their emotional intimacy and restore the joy in their relationships.

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