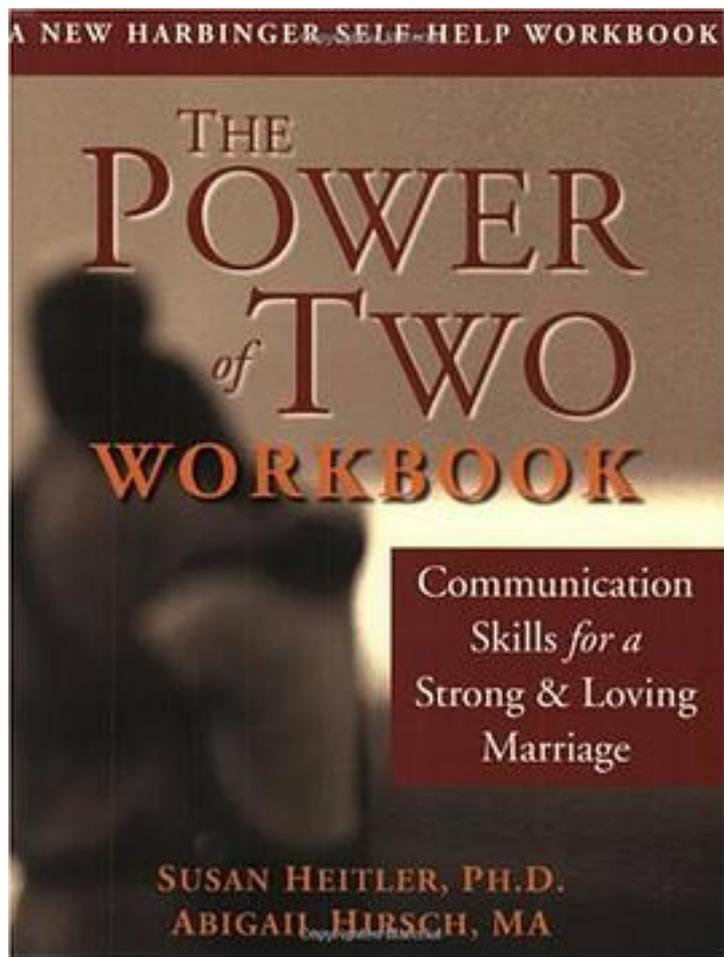


Power of Two Workbook



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This book is a step-by-step guide for couples who want to enhance their communication skills and maximize their relationship's potential for mutual support and growth. Learn to speak your mind in a way that your partner will hear with interest,

not with antagonism. Hear your partner without becoming defensive. Aim for iwin-wini communication every time. Find out how to clean up after inadvertent itoxic spills.i Exercises help you learn to keep anger ceilings low, and to convert moments of anger into powerful opportunities for learning and growth.

作者介绍:

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