

You Can't Play the Game If You Don't Know the Rules



[You Can't Play the Game If You Don't Know the Rules_ 下载链接1](#)

著者:Alexander, Irene

出版者:

出版时间:2009-5

装帧:

isbn:9780745953311

Have you ever tried to explain the rules of football to someone from another culture? Or to a friend who doesn't understand sport? Now imagine trying to explain if both teams were wearing the same colours - or everyone wore different ones. Or if they all wore blindfolds - how could you explain that? Relationships can be as baffling as playing a game blindfolded. The stakes are high: losses can be disastrous but winning can lead to a lifetime of happiness. And you can't play the game - let alone win it - if you don't know the rules. In this book, Dr Irene Alexander explores what makes relationships work, covering everything from boundaries to sex. The essence is learning how to relate openly and effectively. When you achieve this, even conflict can be constructive and relationships will take on new depth and satisfying fullness.

作者介绍:

目录:

[You Can't Play the Game If You Don't Know the Rules_ 下载链接1](#)

标签

评论

[You Can't Play the Game If You Don't Know the Rules_ 下载链接1](#)

书评

[You Can't Play the Game If You Don't Know the Rules_ 下载链接1](#)