



Five-Minute Relationship Repair: Quickly Heal Upsets, Deepen Intimacy, and Use Differences to Strengthen Love

PhD Susan Campbell, PhD John Grey

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The Tool Kit No Relationship Should Be Without

Long-term happiness in love depends on a couple's ability to repair the inevitable rifts and differences, large and small, that occur in any relationship. Neuroscience suggests that relationship upsets are best mended quickly, or they accumulate in long-term memory, increase reactive communication, and become harder to repair successfully. And good repair takes five minutes or less! This book offers practical tools and suggested scripts for resolving problems and having your needs met. Following its guidance, you can turn difficulties into opportunities to foster love, trust, and thriving intimacy.

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