

Marital Conflict Resolution Strategies

Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

The “Just the Tools” edition of “Conflict Resolution for Couples” is an abbreviated version of Paul Shaffer’s first book, “Conflict Resolution for Couples” - originally published in 2005, and then re-published in 2011. This leaner edition “cuts to the chase” of couple’s conflict resolution, without the foundational and special population sections that made the original book a much meatier but time-consuming work. “Just the Tools”, while a stand-alone title, also serves as a companion book to Paul’s “Top 10 Marriage Essentials” published in 2014 (and the “Top 10 Dating Essentials” projected for 2015). It retains the same comprehensive, easy-to-understand, and logical progression found in the original. This book consists of essentially two parts: Part I is about the tools for resolution. It presents a model for managing conflict and itemizes 26 guidelines (the ABC’s of conflict resolution) for identifying, validating, processing and resolving issues. Part II discusses strategies for change. It focuses on initiating and maintaining change, understanding lack of change, and healthy routines to support lasting change.

Conflict is a natural and inevitable aspect of most close personal relationships - the crucial issue is not whether it exists, but the way it is managed. Skilfully portraying both developmental or healthy conflict, and destructive or unhealthy conflict, this interdisciplinary volume leads to a better understanding of this vital aspect of relationships. Integrating current research and theory, the authors explore the variation in definitions of interpersonal conflict; review popular survey and observational measures; and discuss specific concerns regarding parent-child relationships, conflict between friends and those romantically involved.

This three-volume handbook represents a significant and indispensable reference tool for those studying the family. Vol. 1 contains full abstracts of 504 instruments plus abbreviated descriptions of another 472. Basic scale construction issues can be examined through the combined use of Vol. 2 & 3. An excellent reference tool that will fulfil researchers and clinicians need for quality instrumentation.

An Ecological Perspective

The Conflict Resolution Strategies Scale Short Form, CRSS-SF

Conflict Resolution Strategies, Perceptions about Sources of Conflict and Relationship Adjustment

Fighting Together for a Gospel-Saturated Marriage

Eating Disorders and Marital Relationships

Stopping the Natural Drift Toward Isolation in Marriage

Getting Past No

For the current study, a 29-item short form of the Conflict Resolution Strategies Scale was created. This CRSS-Short Form (CRSS-SF) generally maintained the factor structure and psychometric properties of the original measure, even when scale reliability and validity were compared by relationship status (dating vs. married-cohabitating) and gender. The CRSS subscales of Constructive Engagement and Hostility were correlated in expected directions with other indices of relationship functioning and were generally found to function similarly by relationship status and gender. The Relationship Threat and Confrontation Avoidance subscales functioned differently by relationship status. As expected, Relationship Threat items were infrequently endorsed by married or cohabitating participants, contributing to low variance, and subsequently, low reliability. However, for participants in dating relationships, this scale was both reliable and valid. Confrontation Avoidance was found to be reliable, but was associated with more negative outcomes for dating couples than for married or cohabitating couples. CRSS-SF is a useful clinical and research tool for capturing couples conflict resolution.

The Wiley-Blackwell Handbook of Couples and Family Relationships presents original articles from leading experts that link research, policy, and practice together to reflect the most current knowledge of contemporary relationships. Offers interesting new perspectives on a range of relationship issues facing twenty-first century Western society Helps those who work with couples and families facing with relationship issues Includes practical suggestions for dealing with relationship problems Explores diverse issues, including family structure versus functioning, attachment theory; divorce and family breakdown; communication and conflict; self regulation, partner regulation, and behavior change; care-giving and parenting; relationship education, therapy and policy implications

This classic volume provides a solid foundation for thinking about creative ways in which our society can work to prevent or minimize destructive couple conflict and enhance couples' ability to constructively handle their differences. A common thread throughout is that constructive conflict and negotiation are beneficial for relationships. The new introduction provides a contemporary perspective on how this classic text is still relevant today. Divided into four parts, this book: *addresses the societal and bio-evolutionary underpinnings of couple conflict; *presents the interpersonality of couple conflict and the consequences for individuals and couples; *discusses what effects couple conflict have on children and how individual differences in children moderate these effects; *outlines policies and programs that address couple conflict; and * concludes with an essay that pulls these four themes together and points to new directions for research and practice.

This book serves as a supplement in graduate or advanced undergraduate courses on interpersonal relationships, couples and/or family and conflict, divorce, couples and/or family therapy, and is also taught in human development and family studies, clinical or counseling psychology, social work, sociology, and communications and it is also a helpful compendium for researchers and practitioners.

clinicians/counselors interested in couple conflict.

Provides an interdisciplinary perspective on behaviors and strategies used to maintain intimate relationships.

Seven Steps to Coping with Conflict in Your Relationship

The Couples Therapy Companion

Enter the Ring

Negotiating Your Way from Confrontation to Cooperation

The Impact of Family Dispute and Resolution

Perspectives on Marital Interaction

Practicing the Art of Marital Negotiation

Coping with conflict in your relationship - how to argue productively and come out stronger

Marriage and the Family: Mirror of a Diverse Global Society is a comprehensive text about marriage and the family in sociology, family science, and diversity studies. The book is divided into four parts: studying marriage patterns and understanding family diversity; developing and maintaining intimate relationships; tackling family issues and managing household crises; and appreciating contemporary living arrangements in a diverse American society and across the global community. Marriage and the Family is unique in its focus on diversity as well as its global perspective. Diversity Overview boxes feature vignettes of family diversity in America. Global Overview boxes invite students to experience family life in different areas of the world. Indeed, families become a mirror that helps students see a diversifying American society and a globalizing world.

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. Wired for Love is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a ""warring brain"" mentality and toward a more cooperative ""loving brain"" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

Isn't it time you took a stand? Many women struggle with assertiveness, but if you're prone to anxiety and avoidance, it is especially difficult. Grounded in attachment theory, this essential guide will help you identify your thoughts and feelings, balance your emotions, communicate your needs, and set healthy boundaries to improve your life. When you're assertive, you're able to communicate your needs and wishes clearly while respecting yourself and anyone else involved in the interaction. But when you aren't assertive, you may stop yourself from saying anything when your needs aren't being met, or end up lashing out in hostile or hurtful ways. People with different attachment styles struggle with being assertive for different reasons, and even women with a secure attachment style may have difficulty expressing emotion when faced with challenging circumstances. Using strategies based in mindfulness, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT), The Assertiveness Guide for Women can help you understand the attachment styles that keep you from asserting yourself. You'll learn about the three communication stances—from the passive Doormat to the aggressive (or passive-aggressive) Sword to the assertive Lantern—and find practical examples that show you how to apply your new communication and emotional awareness skills in your own life. Rather than being caught in a cycle of rumination and regret when you're unable to express yourself or even acknowledge your own needs, you'll be ready to assert yourself and get what you want. Whether you're anxious and overwhelmed by the intensity of your emotions, avoidant and struggle to identify your emotions, or otherwise have difficulty expressing yourself, this book will help you become more aware of your own thoughts and feelings, and empower you to ask for what you need, set boundaries, and speak your truth for a more fulfilling life.

Imago Relationship Therapy

Igniting Passion, Intimacy and Connection in Your Relationship (Conflict in Relationships, for Readers of Communication in Marriage Or the High Conflict Couple)

Marital Conflict Resolution Tactics and Preschoolers' Social Competence

Raising Happiness

Skills and Strategies for Individual, Couple, and Family Therapy

Mirror of a Diverse Global Society

From leading researchers, this book presents important advances in understanding how growing up in a discordant family affects child adjustment, the factors that make certain children more vulnerable than others, and what can be done to help. It is a state-of-the-science follow-up to the authors' seminal earlier work, Children and Marital Conflict: The Impact of Family Dispute and Resolution. The volume presents a new conceptual framework that

draws on current knowledge about family processes; parenting; attachment; and children's emotional, physiological, cognitive, and behavioral development. Innovative research methods are explained and promising directions for clinical practice with children and families are discussed. When you get married, you expect your relationship to be a partnership in which you make decisions and face the world together, united. But often a husband's perspective and a wife's perspective on the same issue can be very different and unity in decision making can be tough. Should spouses take turns getting their way? Should they compromise? Can they avoid making decisions altogether? Dr. Harley says there's a better way--a way in which both partners get what they want and believe is best every time. In He Wins, She Wins, Dr. Harley introduces the revolutionary concept of joint agreement in marriage that keeps both husband and wife on equal footing and equally satisfied. This win-win model for negotiation starts with a simple rule: Never do anything without enthusiastic agreement between you and your spouse. Dr. Harley walks couples through the five most common sources of conflict in marriage, (friends and family, career and time management, finances, children, and sex), applying the joint agreement rule in every situation. And he teaches readers how to resolve conflicts the right way, so that not only are those conflicts resolved once and for all but the couple's love for one another actually grows and is sustained for the rest of their lives. Anyone who has been married long enough to have a disagreement will benefit from this unique new book from everyone's favorite marriage doctor.

For professionals interested in the family, the book describes how parents can handle their differences more effectively, and offers insights into the outcomes that are related to styles of family dispute.

Countless married couples end up living alone - in the same house. Over twenty-eight years of conducting "Weekend to Remember" conferences have convinced Dennis and Barbara Rainey that isolation is the number-one problem in marriages today. But they believe it's possible to overcome "marital drift" and experience the miracle of oneness. This book provides a positive, workable strategy for keeping your marriage vital and intimate. Included are proven principles and hands-on exercises to help you: understand the personal and cultural forces that isolate you from your spouse manage your schedules, workloads, roles, and responsibilities without losing sight of each other allos for (and enjoy) individual differences while maintaining unity build an atmosphere of cooperation by meeting each other more than halfway "affair-proof" your relationship (or heal it after the fact) grow closer duing hard times instead of letting your troubles pull you apart create a "safe" atmosphere for transparent communication discover the secrets of a mutually rewarding sex life leave a legacy of love and unity to your family and friends Previous Edition: 0-8499-3343-9

From Conflict to Resolution

"Just the Tools" Edition

Conflict Resolution For Christian Couples

Young Adults' Reactions To Intimate-Relationship Conflict And Conflict Resolution Strategies: to 25; Pages:26 to 50; Pages:51 to 75; Pages:76 to 100; Pages:101 to 125; Pages:126 to 150; Pages:151 to 166

Marital Conflict and Children

Why We Get Trapped and How We Get Out

Black Children

In a dramatic theoretical breakthrough, psychologist Susan M. Heitler unties various schools of therapy with a powerful insight. Emotional healing depends on movement from conflict to resolution, as the title suggests.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

When we are baffled by the insanity of the “ other side ” —in our politics, at work, or at home—it ’ s because we aren ’ t seeing how the conflict itself has taken over. That ’ s what “ high conflict ” does. It ’ s the invisible hand of our time. And it ’ s different from the useful friction of healthy conflict. That ’ s good conflict, and it ’ s a necessary force that pushes us to be better people. High conflict is what happens when discord distills into a good-versus-evil kind of feud, the kind with an us and a them. In this state, the brain behaves differently. We feel increasingly certain of our own superiority, and everything we do to try to end the conflict, usually makes it worse. Eventually, we can start to mimic the behavior of our adversaries, harming what we hold most dear. In this “ compulsively readable ” (Evan Osnos, National Book Award-winning author) book, New York Times bestselling author and award-winning journalist Amanda Ripley investigates how good people get captured by high conflict—and how they break free. Our journey begins in California, where a world-renowned conflict expert struggles to extract himself from a political feud. Then we meet a Chicago gang leader who

dedicates his life to a vendetta—only to realize, years later, that the story he ' d told himself about the conflict was not quite true. Next, we travel to Colombia, to find out whether thousands of people can be nudged out of high conflict at scale. Finally, we return to America to see what happens when a group of liberal Manhattan Jews and conservative Michigan corrections officers choose to stay in each other ' s homes in order to understand one another better, even as they continue to disagree. All these people, in dramatically different situations, were drawn into high conflict by similar forces, including conflict entrepreneurs, humiliation, and false binaries. But ultimately, all of them found ways to transform high conflict into good conflict, the kind that made them better people. They rehumanized and recategorized their opponents, and they revived curiosity and wonder, even as they continued to fight for what they knew was right. People do escape high conflict. Individuals—even entire communities—can short-circuit the feedback loops of outrage and blame, if they want to. This is an “ insightful and enthralling ” (The New York Times Book Review) book—and a mind-opening new way to think about conflict that will transform how we move through the world.

Offers advice on how to negotiate with difficult people, showing readers how to stay cool under pressure, disarm an adversary, and stand up for themselves without provoking opposition

Relationship Conflict

Wired for Love

The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration

The Seven Principles for Making Marriage Work

Conflict Resolution for Couples

Perspectives on Theory

How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships

Marriages are under increasing strain these days, with over half of them ending in divorce. Conflict is seen as grounds to end a marriage, rather than an opportunity to grow closer to each other and to God. The Seven Conflicts is an excellent resource for equipping couples to learn to understand the true nature of their conflicts and deal with them in a way that will actually help their marital fulfillment. Couples will learn to identify their mutual dreams, put differences into perspective, understand each other's underlying motives, and work together as partners who are more in love than ever.

Imago Relationship Therapy It's been more than three decades since Harville Hendrix and Helen LaKelly Hunt—the best-selling authors of Getting the Love You Want and Keeping the Love You Find—created Imago Relationship Therapy. Their concept of the "conscious marriage" introduced a new paradigm for understanding the dynamics of couples. Since that time more than two thousand clinicians in twenty-eight countries have adopted and implemented this highly effective form of couples therapy. This groundbreaking book offers an overview of the highly successful Imago Relationship Therapy (IRT) and the relationship of IRT with preceding schools of thought such as psychoanalytic theory, family systems theories, affect theory, and self-psychology. At the heart of IRT is a three-step process involving mirroring (reflecting) the partner's feelings, validating the partner's point of view, and expressing empathy toward the partner's feelings. Imago Relationship Therapy traces IRT's history and explosive growth and outlines the differences and similarities between Imago theory and other models of couples therapy. The book also presents some of the ideas of prominent Imago thinkers, such as the central role of connectivity and the problem of envy in committed relationships. "A uniquely important book for the practitioner, which provides clinical wisdom and a rare look into the heart and soul of Imago Relationship Therapy." —Pat Love, Ed.D., author, The Truth About Love

The authors bring over 20 years of experience in family/marriage counseling and relationship coaching to this guide that will show how to communicate more effectively, solve problems as a team, and create more passion, intimacy, and connection in a relationship.

Black Children, Second Edition collects current empirical research unique to the experiences and situations of black children and their parents. This volume explores the meaning of this duality in four distinct environments: socioeconomic, parental, internal, and educational. The complex picture that emerges discredits many of the myths that surround black childhood development and initiates in-depth exploration into the diversities of the African American experience.

High Conflict

He Wins, She Wins Workbook

10 Simple Steps for More Joyful Kids and Happier Parents

A Cognitive Behavior Workbook

The Beauty of Conflict for Couples

The Assertiveness Guide for Women

Handbook of Family Measurement Techniques: Abstracts

Anorexia and bulimia are on the increase in the Western world and the disease is now recognised to no longer be only a problem for teenage girls, but older women as well. Most older women either do now or did previously live with a partner and much attention has been paid to these relationships in devising therapeutic regimes. Eating Disorders and Marital Relationships takes a critical look at the evidence behind the assumption of psychiatric illness in the patients and their partners and comes up with some surprising results. Van den Broucke, Vandereycken and Norre carefully describe both the theoretical and practical implications of their work, making this book important reading for both practitioner and researcher.

This book explores the subject of marital interaction. It brings together the work of international scholars and is divided into four sections: communication as a means by which couples manage everyday life; communication as a means of expression of emotion; communication and problem-solving; coping with relationships outside marriage. The text is interdisciplinary and looks at the issue from various angles: social psychology, clinical psychology and communications. Particular attention is paid to the emergence of sex differences in interaction patterns and the experience of counselling plays an important part.

Investigates impact of interparental conflict on children.

Enter the Ring takes a fresh, powerful, vulnerable approach to marriage by framing it as the fight that it is. The world uses different assaults and tactics to distract us, tempting us to walk away, in order to destroy our marriages. But there is hope: The constant forgiveness, grace, and intervention of God can preserve and protect us from not only the world but also ourselves. D. A. and Elicia Horton explore the tension of two people becoming one and how spouses often fight over which "one of us" they become. They unpack topics such as Seasons of suffering, Communication, Sexual and physical intimacy, The spiritual life of the home, Money. This book approaches the traditional topics of a marriage book with the brutal and life-giving honesty of two millennials who have fought together for their marriage. All topics are addressed through the vulnerable lens of the authors' own struggles and mistakes. This is a no-holds-barred, real-world . . . marriage book.

Encounter of Individualism and Collectivism

Children and Marital Conflict

An Emotional Security Perspective

Fight Your Way to a Better Marriage

Life Force

Couples in Conflict

Marital Conflict Resolution Guidelines and Techniques

A companion volume to Family Observational Coding Systems, this book moves from the triad to the dyad and provides a showcase for significant developments in the coding of intimate couple interactions. The hope is that this book will contribute to the broadening and deepening of the field by disseminating information both about the coding systems that have been developed, as well as the conceptual and methodological issues involved in couple observational research. The first three chapters present overviews of conceptual and methodological issues in the study of couple processes. The remaining chapters describe contributions to the field by 16 teams of researchers. Each chapter provides information about the conceptual underpinnings and structure of the coding system developed by the authors and evidence for its psychometric properties. Couple Observational Coding Systems will be of interest to researchers studying couple interactions as well as clinicians who work with couples.

This book discusses how people go about achieving their social goals through human symbolic interaction. The editors' collective presumption is that there are more or less typical ways that people attempt to obtain desired outcomes -- be they persuasive, informative, conflictive, or the like -- through communication. Representing a first summary of research done by scholars, primarily in the communication discipline, this volume seeks to identify and understand how it is that people achieve what they want through social interaction. Under the very broad label of strategies, this research has sought to: * identify critical social goals such as gaining compliance, generating affinity, resolving social conflict, and offering information; * specify, for each goal, the ways, or strategies, by which people can go about achieving these goals; * determine predictors of strategy selection -- that is, why does a person opt for one strategy over others to obtain the desired end? The research also reflects the attention the field of communication has given to strategy issues in the past 15 years. The chapters describe research on the ways in which people achieve different goals, and summarize existing research and theory on the attainment of social goals. Readers will gain insight into many of the issues that exist regardless of the strategy being discussed. Thus, this volume may not include chapters on topics such as ways people elicit or offer disclosure, ways people demonstrate anger, or ways people create guilt, but the issues that appear consistently throughout the various chapters should apply equally to these. Finally, the essays in this volume provide not only a summary of what has been accomplished to date, but also an initial theoretic map for future research concerning strategic interpersonal communication.

This dissertation explored how international couples resolve relationship conflicts when they hold different values and conflict resolution strategies. A number of researchers suggested that people in individualistic and collectivistic cultures appreciate different values, communication styles, and conflict resolution strategies. However, only a few studies explored how international couples, who are comprised of individuals from different countries and cultural background, negotiate their conflict resolution in ways that are culturally specific. In this dissertation, a qualitative approach was used to analyze interview data as well as observations of four couples who had been in an international marriage for more than one year. The researcher focused on the couples' conflict resolution styles. More specifically, the study explored how couples handled their communication differences that stemmed from collectivistic versus individualistic cultures in order to negotiate their disagreements. Results revealed some of the complex and challenging nature of international relationships. Furthermore, the study identified couples' conflict resolution styles that either promote or impair intimacy. Implication for marital counseling as well as recommendations for future research in this area were presented.

Learn to look at marriage and couples counseling through the lens of Rational Emotive Couples Therapy. Dr. Russell Grieger walks the reader through the RECT process and includes numerous exercises that are appropriate for clinicians to use with their clients, for those couples who are in therapy and need a little extra help, and for couples working to improve their

relationship on their own. Along with explaining the process of Rational Emotive Couples Therapy, Dr. Grieger makes the distinction between relationship difficulties, which are small disagreements and dissatisfactions, and relationship disturbances, which occur when a couple becomes emotionally distressed and entrenched in negativity. He walks readers through the couple diagnosis and presents eight powerful strategies for helping resolve both couple difficulties and disturbances to find relationship harmony. Dr. Grieger addresses such issues as ridding hurt, anger, fear, and insecurity, enhancing closeness and intimacy, win-win conflict resolution, and building couple commitment and connection. Replete with exercises that empower couples to take action and solve their problems, *The Couples Therapy Companion* also helps readers to sustain the positive momentum learned in therapy in everyday life.

Theory, Process, and Context

How Understanding Your Partner's Brain and Attachment Style Can Help You Defuse Conflict and Build a

The Seven Conflicts

A Premarital Counseling Tool

Resolve Your Differences

Interparental Conflict and Child Development

How Healthy Conflict Can Take You to Deeper Levels of Intimacy

In this counter intuitive book, author Dr. Greg Smalley maintains that fighting is actually good for a marriage. Couples will learn how to fight their way to a better marriage, using the skills, concepts, and exercises shared in this remarkable book.

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

"Conflict Resolution for Christian Couples" is written in a comprehensive, easy-to-understand, and logical progression that maps out how to have a healthy relationship - one where conflict can be readily managed. The book has solid answers and strategies for Christian couples having difficulties working out reasonable solutions. This book consists of four parts. Part I is about establishing a spiritually healthy foundation for the relationship: 1) knowing the basics of Biblical knowledge, prayer, fellowship and ministry, and 2) taking into account the spiritual world, and respecting the balance between grace and accountability. Part II details a useful conflict resolution model and itemizes 26 effective tools (the ABC's) for moving smoothly through issues. Part III provides a 3-part solution model for mapping out a plan for change, and discusses healthy routines for maintaining change. Part IV addresses two unique dilemmas for long-term relationships: 1) affair recovery or affair safe-guarding, and 2) considering or going through a marital separation.

INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller *Money: Master the Game*. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

Relationship Maintenance

Couple Observational Coding Systems

Classic Edition

Theory, Research and Applications

Resolving the Most Common Disagreements in Marriage

Social, Educational, and Parental Environments

The Wiley-Blackwell Handbook of Couples and Family Relationships

The Seven Principles for Making Marriage WorkHarmony

How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love

Strategic Interpersonal Communication

Staying Close

Marriage and the Family

Conflict in Parent-Child, Friendship, and Romantic Relationships

Conflict Resoluation in International Couples