

THE RELATIONSHIP BOOK FOR COUPLES

NO MORE FIGHTING

20
MINUTES
A WEEK to a STRONGER
RELATIONSHIP

FOREWORD BY
DR. TAMMY NELSON

ALICIA MUÑOZ, LPC

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Fighting: The Relationship
Book for Couples: 20
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Alicia Muoz**

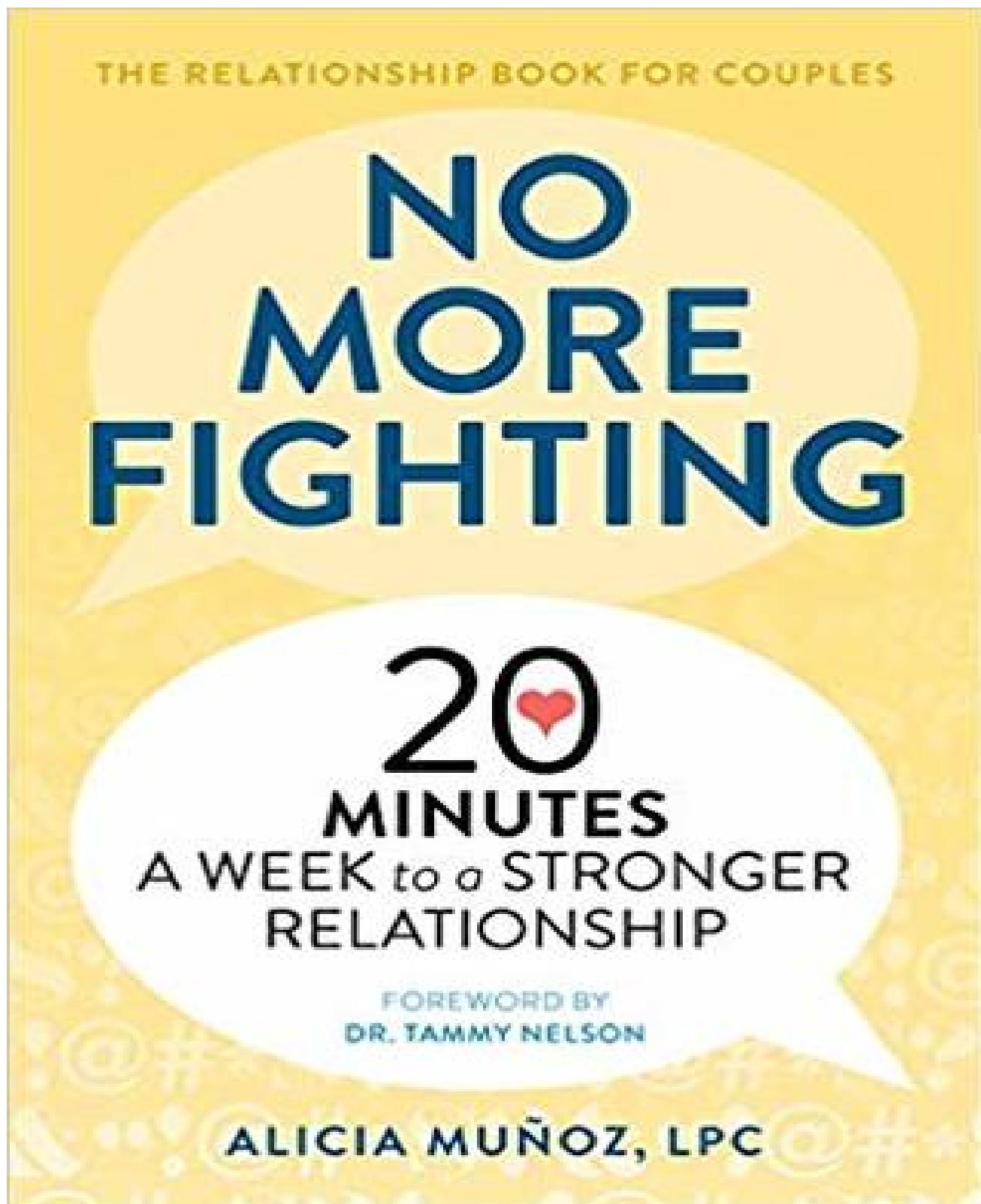
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Synopsis book

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No More Fighting: The Relationship Book for Couples: 20 Minutes a Week to a Stronger Relationship by Alicia Mu?oz



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Description

No More Fighting offers 20-minute communication strategies to find resolution now and build a stronger relationship long-term. All couples fight? it's coming to a resolution that matters. No More Fighting offers couples fast and effective strategies to overcome common relationship problems and build lasting love together. In just 20 minutes per week, couples will learn how to effectively speak and listen to each other as they confront important relationship milestones. From reconciling different values to navigating intimacy issues and everything in between, No More Fighting gives you the skills you need to fight less and love each other more. No More Fighting tackles challenges head-on, with: 52 relationship challenges that are easy to relate to through real case studies, and address intimacy issues, gender roles, self-care, love languages, and more. 20-minute exercises that help you unpack each challenge through guided prompts, dialogues, and shared experiences. Supportive guidance that

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