



Feel Heard- Not Hurt! Proactive Couples Communication Workbook

Serge Prengel

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You and your partner talk... but do you feel heard? This short book helps you gain a new perspective on what happens between the two of you. It outlines profound concepts in a direct and powerful way. It also provides specific, step-by-step advice on how you and your partner can practice together to improve your communication skills. It is the opposite of a traditional, exhaustive "how-to" manual: With only 36 pages, and many illustrations, it is very simple without being simplistic, and you'll "get it" at gut level. --- "Feel Heard -- Not Hurt! offers a lighthearted, readable, and lucid account of how we keep hitting our heads against the wall in our intimate relationships, thereby ensuring our continued frustration and isolation. The author offers a practical , helpful structure through which couples can feel heard and understood, which can lead to the connection they seek." John Amodeo, Ph.D., author of *The Authentic Heart and Love & Betrayal* "A fun, easy-to-read introduction to some of the most important principles of communicating with those we love." Warren Farrell, Ph.D., Author, *Women Can't Hear What Men Don't Say*

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