



# Home Improvements: The Chapman Guide to Negotiating Change with Your Spouse (Chapman Guides)

*Gary Chapman*

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## **Home Improvements: The Chapman Guide to Negotiating Change with Your Spouse (Chapman Guides)** Gary Chapman

Those annoying habits can be damaging to a relationship over time. There's hope for change. Dr. Chapman provides a do-it-yourself approach to helping couples learn to overcome bad habits. By learning and using Dr. Chapman's simple 3-step process (admitting and asking forgiveness for your own past failures; discovering and speaking your spouse's love language; and learning the proper time, place, and way to request behavioral change), couples will be able to successfully negotiate change without resorting to arguing or manipulation.

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