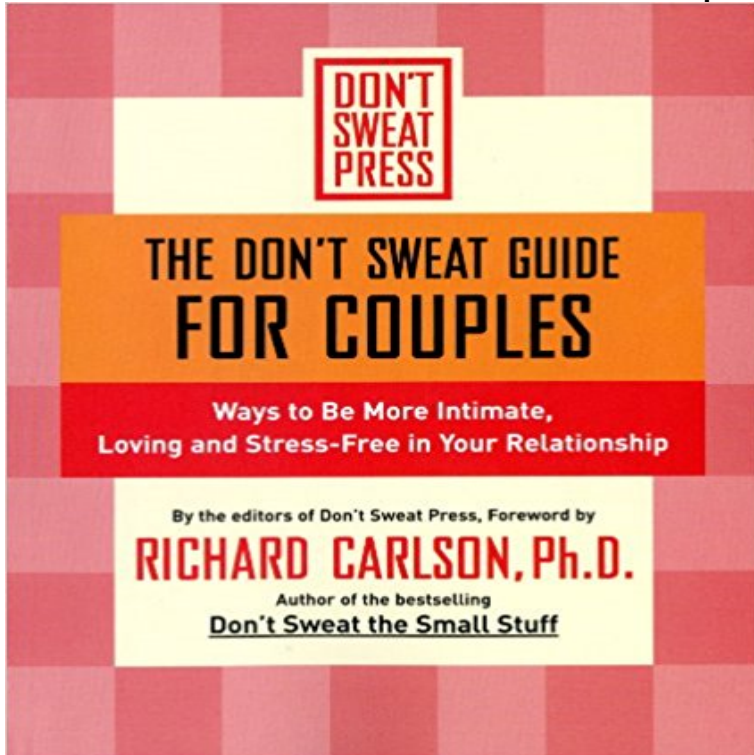


# The Dont Sweat Guide for Couples: Ways to Be More Intimate, Loving and Stress-Free in Your Relationship



The Dont Sweat Guide for Couples shows men and women how to make their intimate relationships more joyful and stress-free while maintaining their loving connection. Addressing such concerns as: Remember the One You Fell For Forget to Keep Score Aim for the Extraordinary Be the Bright Spot in Your Partners Day Appreciate the Benefit of a Doubt Cherish the Child in Your Partnerand many more, this book provides easy-to-do, yet profoundly life-changing strategies that will teach couples how to be less reactive, how to communicate more effectively, and how to have a more peaceful and carefree relationship.

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