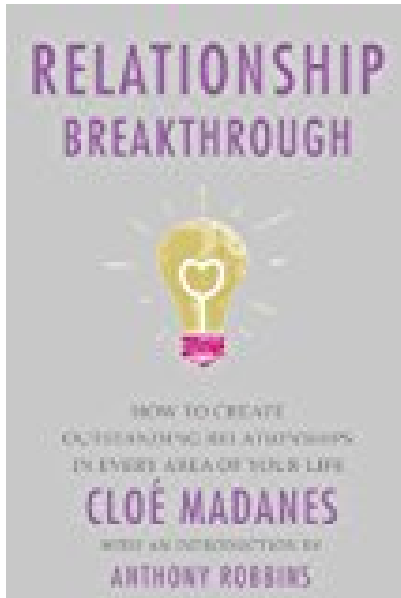


Relationship Breakthrough



BOOK DETAILS

- Author : Cloé Madanes
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623361869

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BOOK SYNOPSIS

Everyone faces the challenges of making relationships work. Whether with spouses, family members, friends, lovers, or colleagues, relationships have the power to make one feel happy, frustrated, or miserable. In *Relationship Breakthrough*, Cloe Madanes--an expert in creating healing, empowering relationships--gives readers vital tools to transform their relationships and their lives. Madanes' cutting-edge methods produce real results and create rewarding, sustainable relationships. Using simple, step-by-step exercises and drawing on the examples of clients who have benefited from this technique, *Relationship Breakthrough* teaches readers how to:

- Overcome life's inevitable losses
- Resolve long-standing family conflicts
- Synchronize their needs with those of others
- Create outstanding relationships in every area of their lives

This is the only book that ties the guiding principles of Tony Robbins' work with Cloe Madanes' revolutionary approach to relationship therapy. Our connections with the people in our lives have the capacity to bring us great joy, if only we understood the fundamental needs we all have, but sometimes express differently. Drawing on her trademark wisdom, empathy, and extensive clinical experience, Madanes shows readers how to better understand their own needs and those of others, bringing clarity and insight into any relationship.

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