Don t Waste Your Mad: A Relationship Empowerment Guide (Paperback)

By Rodney Jenkins

iUniverse, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Good communication, often said to be the key to every successful relationship, can be challenging to master without the right tools. In his relationship empowerment guide, author Rodney Jenkins offers a comprehensive road map that teaches couples how to speak openly to each other about both the good and the bad, listen effectively, and focus on long-term relationship growth. Jenkins relies on real-life scenarios as well as his own professional, personal, and faithbased experiences to offer couples clear ground rules for communication, including scheduling daily conversations, introducing I messages, and engaging in active listening techniques that help break down barriers and create intimacy. Through his proactive methods, Jenkins helps couples learn how to deal with communication roadblocks; maintain good communication during hardships; better understand a partner and the process of love; root a relationship in spirituality, honesty, and friendship; and focus on the big picture. Don t Waste Your Mad provides couples with the tools to build, strengthen, and maintain a strong relationship through effective communication while growing together financially, spiritually, and emotionally.

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