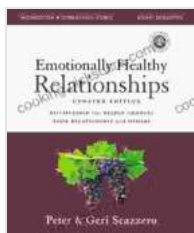


Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video

Are you looking to improve your relationship and deepen your connection with your partner? The Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video can help you do just that.



Emotionally Healthy Relationships Updated Edition Workbook plus Streaming Video: Discipleship that Deeply Changes Your Relationship with Others

by Peter Scazzero

★★★★☆ 4.7 out of 5

Language : English
File size : 4966 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 184 pages
Screen Reader : Supported



This comprehensive workbook and video program is designed to help couples build strong, lasting relationships based on trust, respect, and emotional intimacy. It covers a wide range of topics, including:

- Communication
- Conflict resolution
- Intimacy

- Emotional regulation
- Forgiveness

The workbook is filled with exercises and activities that will help you and your partner explore these topics and develop healthier relationship patterns. The streaming video provides additional insights and demonstrations from renowned relationship experts Drs. Les and Leslie Parrott.

Whether you are just starting out in a relationship or you have been together for years, the Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video can help you create a more fulfilling and lasting love connection.

Benefits of the Emotionally Healthy Relationships Workbook Plus Streaming Video

There are many benefits to using the Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video, including:

- **Improved communication:** The workbook and video program teaches you how to communicate more effectively with your partner, both verbally and nonverbally.
- **Reduced conflict:** The program provides tools for resolving conflict in a healthy and constructive way.
- **Increased intimacy:** The workbook and video help you to deepen your emotional connection with your partner and build intimacy.
- **Improved emotional regulation:** The program teaches you how to regulate your emotions and respond to your partner in a healthy way.

- **Increased forgiveness:** The workbook and video help you to learn how to forgive your partner and move on from past hurts.

If you are looking to improve your relationship and build a stronger connection with your partner, the Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video is an invaluable resource.

What's Included in the Emotionally Healthy Relationships Workbook Plus Streaming Video

The Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video includes:

- A 240-page workbook
- A 6-hour streaming video program
- A companion website with additional resources

The workbook is divided into 12 chapters, each of which covers a different aspect of emotional health in relationships. The chapters include:

- Chapter 1: The Foundations of Emotional Health
- Chapter 2: Communication
- Chapter 3: Conflict Resolution
- Chapter 4: Intimacy
- Chapter 5: Emotional Regulation
- Chapter 6: Forgiveness
- Chapter 7: Commitment

- Chapter 8: Spirituality
- Chapter 9: Sexuality
- Chapter 10: Money
- Chapter 11: Parenting
- Chapter 12: The Journey Continues

The streaming video program provides additional insights and demonstrations from Drs. Les and Leslie Parrott. The videos are divided into 12 segments, each of which corresponds to a chapter in the workbook.

The companion website provides access to additional resources, such as worksheets, articles, and discussion forums.

How to Use the Emotionally Healthy Relationships Workbook Plus Streaming Video

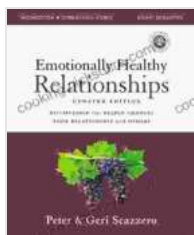
To get the most out of the Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video, it is important to use it regularly and consistently. Here are some tips for using the program:

- Set aside time each week to work through the workbook and watch the streaming videos.
- Do the exercises and activities in the workbook with your partner.
- Discuss the videos with your partner and share your thoughts and feelings.
- Use the companion website to access additional resources.

If you are consistent with your use of the program, you will see significant improvements in your relationship. The Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video is an invaluable resource for couples who are looking to build a stronger, more fulfilling love connection.

Order Your Copy Today

The Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video is available for purchase online and at bookstores. Order your copy today and start building a healthier, more fulfilling relationship with your partner.



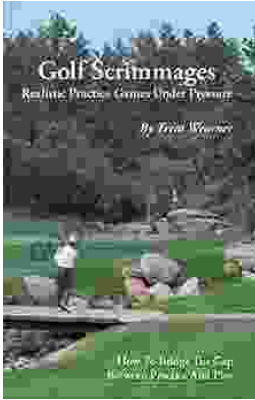
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