

The Art of Personal Relationship: How to Make Your Relationships Work with Love Languages and Conflict Resolution

Lauri Calderon

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Make Your Relationships Work Better

The most important thing in our lives in the long term is the quality of our personal relationships.

They are more important than our successes, hardships, circumstances, material wealth, places we own or visit. Having good, quality relationships increases our ability to cope – our resilience, our happiness. They also protect us from depression and the worst that life can pour on our heads.

Friendships and romantic relationships need to be nurtured, and not taken for granted. So we need to be aware of the need for give, as well as take, in our interpersonal relationships. We should strive not to argue, and learn to compromise and share responsibility for the best, the worst and everything in between. Above all else, the healthy state to adopt is that of an open mind so we are available to embrace all of life's many and varied situations.

This book will cover imprortant advice and tips for building and making relationships work better:

- How to Improve Our Personal Relationships
- Treating People
- Building New Relationships
- Communicating
- Compromising
- Personal Relationship Tips



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