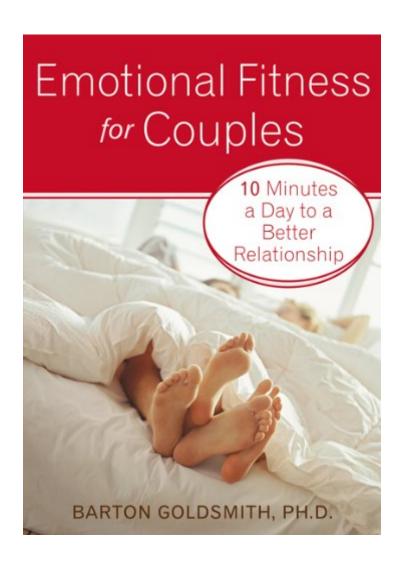
# The book was found

# Emotional Fitness For Couples: 10 Minutes A Day To A Better Relationship





## **Synopsis**

The 10-Minute Relationship WorkoutPeak athletic performance requires regular exercise, and a great relationship depends on regular emotional practice to stay in top form. Don't wait for a crisis to make you scramble to save your relationship. Start building emotional fitness today! Emotional Fitness for Couples is a collection of simple tips that will energize you and hone your relationship skills to championship levels-in just ten minutes a day. Topics include: what the word 'love' really means; how to start fires in your sex life; how to date your mate; tricks for stopping an argument before it starts; and many other fun and practical ideas for getting emotionally fit.

## **Book Information**

File Size: 441 KB

Print Length: 210 pages

Publisher: New Harbinger Publications; 1 edition (February 14, 2006)

Publication Date: February 14, 2006

Sold by:Â Digital Services LLC

Language: English

ASIN: B00BMGM0QS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #199,346 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #84 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #426 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Relationships > Interpersonal Relations #464 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Relationships > Marriage

### Customer Reviews

This book is super cheese puffs. After four years of living in a chaotic relationship that finally seemed to get it's footing right, I thought we could work on building a deeper connection and have our newfound functionality blossom into a striving partnership or whatever. To address the old and leave it behind and build towards the future was my goal and for some reason, he agreed. This is a man's man, and for him to agree (my initial thought was, "Oh, why because you agree we have problems?") was miraculous. So, I put some time aside to research this thoroughly during my busy

day at work, and, after much thought and consideration, decided to go with this book. Just ten minutes a day! That's easy enough, right? Sure, it is, but I even stretch it out to once a week and unless I go over the material first and reword everything, it's grimace inducing. It's not that the concepts are wrong, it's just far reaching for certain types of relationships. I do not see myself and my boyfriend holding hands and staring to each others eyes intently for three minutes; that would make me laugh or want to get a snack. It's too corny. We have our problems, but to suggest deeply looking into each other's souls within the first few chapters can put the already downtrodden off the whole thing all together. Now, there are certain chapters that I feel would address these issues, but he thought we should go from the beginning forward. I really don't recommend that. Everyone is at a different point in their relationship or dealing with different issues. Some of it is too... pedestrian for us. We're not a 20 something, 6 month new couple. So, keep in mind that you should pick and choose.

### Download to continue reading...

Emotional Fitness for Couples: 10 Minutes a Day to a Better Relationship Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Better Spelling in 30 Minutes a Day (Better English Series) Legal Guide for Lesbian & Gay Couples, A (Legal Guide for Lesbian and Gay Couples) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes) Series) The Complete Guide to Marriage Mentoring: Connecting Couples to Build Better Marriages BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) The Relationship Skills Workbook: A Do-It-Yourself Guide to a Thriving Relationship The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy Committed to Love, Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating Advice for Women Book 8) How to Stop Being Insecure: Learn How to Overcome Emotional and Relationship Insecurity Emotional Sobriety: From Relationship Trauma to Resilience and Balance Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional

Intelligence, Critical thinking, EQ) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions)

**Dmca**