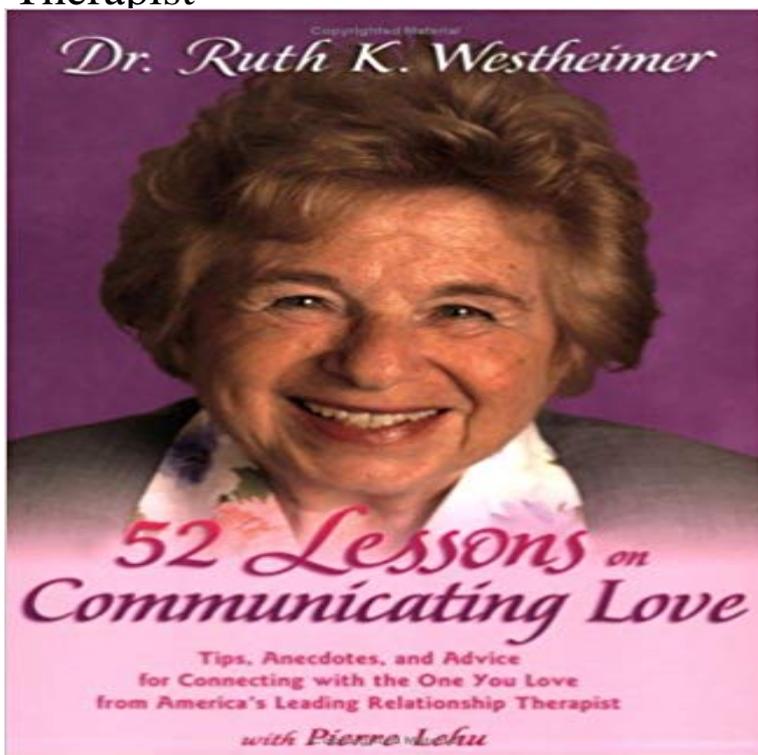


52 Lessons on Communicating Love: Tips, Anecdotes, and Advice for Connecting with the One You Love from Americas Leading Relationship Therapist



In this delightfully informative and entertaining book, Dr. Ruth K. Westheimer gives new meaning to the words We need to talk. In her unmistakable voice, she urges couples to speak, listen, share, sing, get dressed up, write things down, or do whatever else it takes to express the feelings in your hearts. Best known for her plain talk about human sexuality, she encourages setting time aside each week to read and discuss one of the lessons shes written. Do this together weekly for a full year, and it could make a world of difference in your relationship. Here is a sampling of the valuable tips and advice youll read about: DO tell your partner how you feel and what your needs are, but choose your words carefully and express them at the right time. Be sure what you are saying is what you want him or her to hear. DONT wait until you are blind-sided by sudden crises, tragedy, or anger to express your feelings. DO unplug the TV, put away the to-do lists, turn off the computer screen playing in your mind, and find some quiet time along to be with each other. DONT focus on old grudges or make promises you cant keep. Apologize if you need to or accept your partners apology; then move on. DO close the blinds, light some candles, listen to your favorite song, and take time to reconnect if youve been apart. DONT expect to find an instant soul mate. New love needs time to grow, but when both people work at it, the rewards can be incredible. DO deviate from routine. Be spontaneous. Plan something unexpected. Boredom is one of the leading killers of intimacy. DONT miss any opportunity to touch. No matter how fleeting the moment may be, make every hug count. ABOVE ALL... DO keep the conversation flowing... It will strengthen the bonds between you and keep you connected with the one you love.

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