

Unleashing the Power of Conflict: How It Can Strengthen Your Relationship | Revised Edition

Conflict is often seen as something to be avoided in relationships. But what if we told you that conflict can actually be a good thing? In his book, *How Conflict Can Improve Your Relationship, Revised Edition*, Dr. John Gottman reveals how conflict can help couples build stronger, more intimate, and more trusting relationships.

Gottman has spent decades studying couples, and he has found that the couples who are happiest and most successful are the ones who are able to embrace conflict. They see conflict as an opportunity to learn about each other, to grow closer, and to strengthen their bond.



After the Honeymoon: How Conflict Can Improve Your Relationship, Revised Edition by Charles Duncan

★★★★☆ 4.6 out of 5

Language	: English
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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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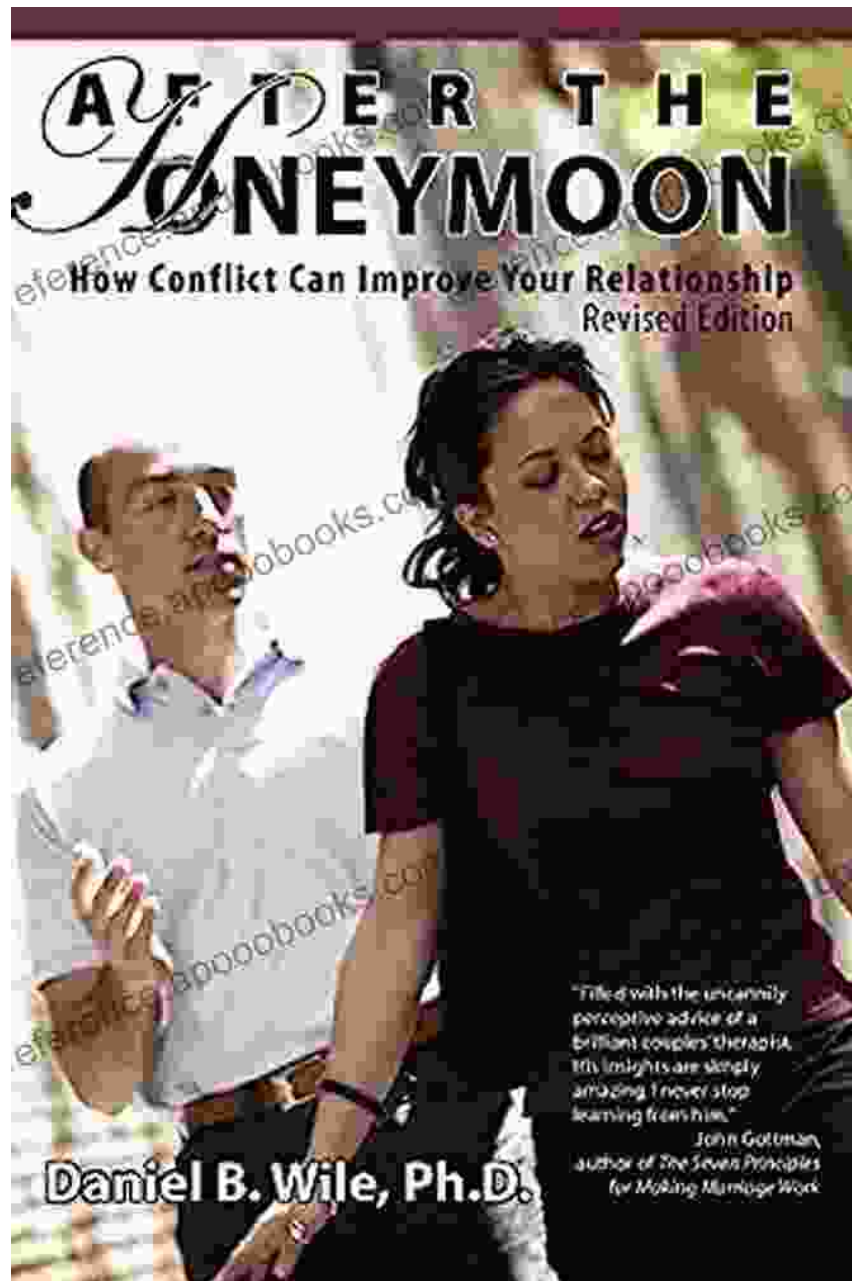
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Gottman's research has shown that couples who are able to resolve conflict successfully have a number of advantages over couples who avoid conflict or who handle it poorly. These advantages include:

- They are more satisfied with their relationship.
- They are more likely to stay together.
- They have better communication skills.
- They are more trusting of each other.
- They are better at resolving other problems.

If you're ready to unlock the power of conflict in your relationship, then you need to read *How Conflict Can Improve Your Relationship, Revised Edition*. This book will teach you how to:



- Identify the different types of conflict.
- Communicate about conflict in a productive way.
- Resolve conflict without damaging your relationship.
- Use conflict to build intimacy and trust.

How Conflict Can Improve Your Relationship, Revised Edition is a must-read for any couple who wants to build a stronger, more loving, and more fulfilling relationship.

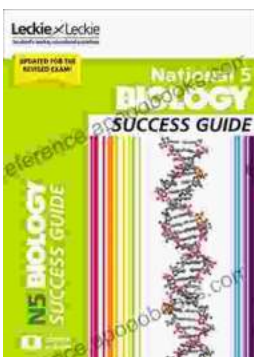
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