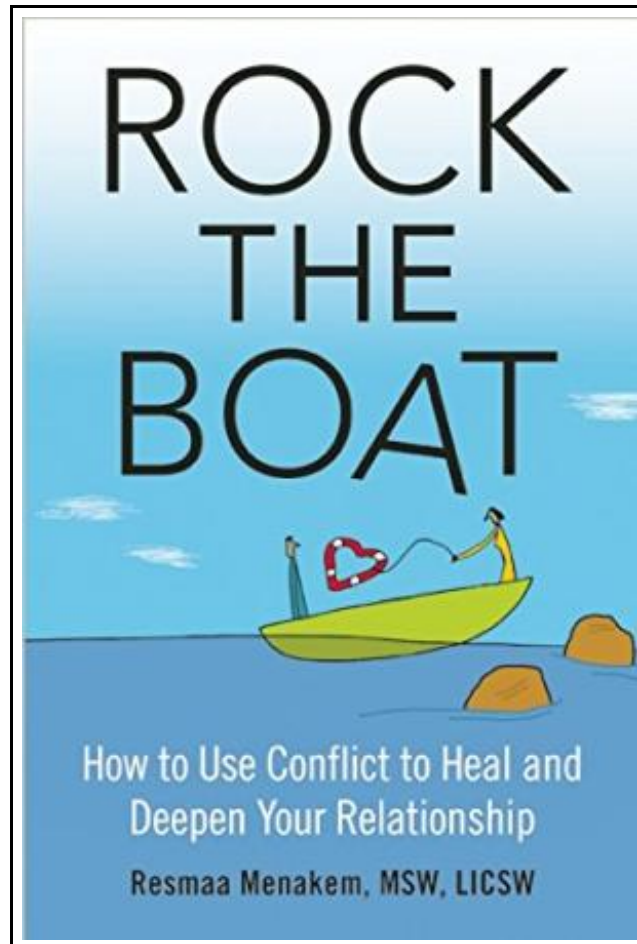


Rock the Boat: How to Use Conflict to Heal and Deepen Your Relationship



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(Rene Olson)

ROCK THE BOAT: HOW TO USE CONFLICT TO HEAL AND DEEPEN YOUR RELATIONSHIP



Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Rock the Boat: How to Use Conflict to Heal and Deepen Your Relationship, Resmaa Menakem, An honest look at what really works to bring more intimacy and deeper trust into your relationship. Couples therapist Resmaa Menakem challenges couples not to avoid conflict, but to rock the boat! The emotional transformation that results can forge a greater, more mature intimacy; a deeper trust; and a stronger bond. Conflict is a natural part of any intimate relationship. Yet most couples either avoid it or try to smooth over their differences. This results in one or both partners compromising their integrity and stunting their own growth. Gritty, often irreverent, and always practical, Rock the Boat challenges couples not to flee from conflicts because the emotional stalemate that conflicts produce creates an opportunity for profound transformation. This transformation affirms each partner's individuality while forging a more mature intimacy, a greater trust, and a deeper bond. Rock the Boat challenges the idea that conflict between partners is unhealthy or something to avoid. Instead, it encourages both people to stand by what they need and who they are but to do so with compassion rather than competitiveness or vengefulness. This is the purpose of an intimate relationship: to create an atmosphere where both people learn to grow up and mature in their relationship by appreciating each other's individual needs in a caring and mature way. Resmaa Menakem addresses key factors in making this happen, including accepting discomfort and uncertainty; being honest and open about sex, money, children, and in-laws; recognizing when conflict might escalate into violence or abuse; and, when appropriate, finding and working with a good therapist. Rock the Boat is not about ideals or what we hope or imagine relationships to...



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