



## The Love Fix: Repair and Restore Your Relationship Right Now

By Tara Fields

William Morrow & Co, New York, 2015. Paper back. Book Condition: New. 276pp. Celebrity relationship therapist Dr. Tara Fields reveals the five most common conflict patterns couples falls into and the steps readers can take to find their way back to a happy, satisfying relationship All couples argue, but how do some couples get here, to this point that seems like no return? Licensed marriage and family therapist Dr. Tara Fields has spent over twenty-eight years working with couples. In this time she has discovered that there are five common conflict patterns couples fall into-and three steps to getting past having the same fight over and over again and moving on to building a loving, working relationship again. Recognizing the conflict pattern at play Exploring the fears and unrealistic expectations that turn fights into never-ending cycles Creating the opportunity to get in touch with both of your needs. Change comes with awareness. When you're present in the moment, conflict with a partner can become an opportunity to work through unresolved issues, to learn more about each other; it can even be a way to grow closer. In The Love Fix, Fields shares her tried and true tools and guidance, including:...



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