



# **Help Yourself: Your Guide to Saving Your Relationship ( Learn The Language of Love ): The Secrets to Lasting Love and Happiness**

*Greg Parry PhD*

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Happiness and fulfilment are vital components in the great mosaic of wellbeing and the pathway to greater happiness recognises the value and importance of our closest relationships. Times have certainly changed and we might not enjoy the same social stability and values of our grandparents but we can still discover the wonders of a truly happy relationship by understanding the importance of effective communication. This has always been the case and, as more couples feel the pressures and stress of living in a high-pressure environment with less and less time to take care of their most important relationship, the consequences can easily lead to problems and fractures and separation. This extremely important topic is explored and resolved by an author with a lifetime of experience in counselling couples on the art of restoring happiness to their relationship. The book offers extensive advice on:

Learning how to spot the problems

Understanding the real nature of the issues affecting your relationship

Recapturing the excitement of falling in love with your partner

Rebuilding a broken friendship

Making time for your loved one

Sharing goals and dreams together

Respecting each other's needs

Setting comfortable boundaries

Encouraging openness and respect for each other

Using the power of communication to rediscover the uniqueness of each other

Dealing with power struggles

Becoming a totally supportive power couple

Lighting the fires of passion

Based on three decades of guiding and advising an incredibly broad range of individuals and couples, the author has chosen to share her experiences as a professional relationship counsellor and explain in perfect clarity the essential ingredients for a truly happy relationship. Regardless of how long you've been with your partner, the methods ring true for everyone seeking to rescue, restore or re-animate their relationship and the techniques can even be successfully applied to couples who are looking to enhance the experience of a more stable relationship. It's really never too late to put these beautiful methods into practice. Beginning with our parents and the very first emotional connection we ever experience, the Help Yourself Guide to Saving Your Relationship is a twenty-first century guide to unlocking the secrets of your own potential for creating happiness and fulfilment with your partner. Love is all but sometimes it needs a little help and this wonderfully helpful and clear guide is the perfect helping hand in all relationships.

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