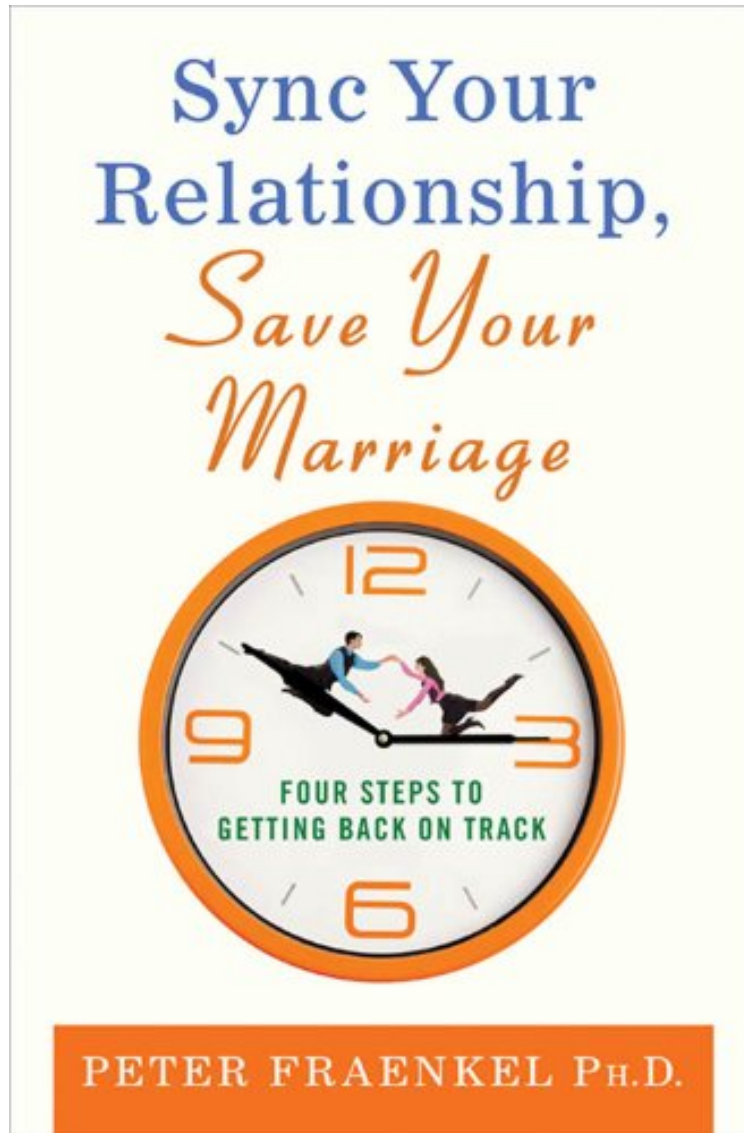


# Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track

*Peter Fraenkel Ph.D.*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



 Download

 Read Online

#304110 in eBooks 2011-03-15 2011-03-15File Name: B004CYERL8 | File size: 57.Mb

**Peter Fraenkel Ph.D. : Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track:

0 of 0 people found the following review helpful. Five StarsBy Alicia D.It can be boring or complicated at times.2 of 3 people found the following review helpful. fascinating (and helpful!) new way to look at relationshipsBy reviewiaPerhaps the most amazing thing about this book is that it hasn't been written before. Time -- and our varying

relationships to it -- dictates so much of how we relate to the world and to each other. This book shows what time means to our relationships in provocative and illuminating ways. One that particularly rang true for me was that we're often attracted to someone who's our time-opposite: so the highly future-oriented planner type falls for the live-in-the-moment shun-the-calendar dreamer type (hypothetically speaking). But what initially draws us in also drives us a little crazy over time. The book helps us identify (and smile at) the time patterns in our relationship, and then helps us see what to do about them. It's also eminently readable; amidst lucid accounts of the latest relationship research and compelling case studies, there's even a cosmo-type quiz! Fabulous. 0 of 0 people found the following review helpful. Five Stars  
By shirley  
An excellent book for both clinicians and the lay public.

Award-winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time. Differences in daily rhythms, personal pace, punctuality, time perspective, and priorities about how time is allocated can all lead to couple conflict. Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place. In this trailblazing new book, he draws on his original research to show how a clearer understanding of these forces can improve the health of your relationship and even rescue a failing one.

"In simple terms, Fraenkel offers a handful of methods for re-tooling and strengthen connections, and reminds readers that we need to learn to listen as well as we talk ...nbsp;A welcome take on a well-trod topic in an increasingly crowded field." --Publishers Weeklynbsp;