

Happy Relationships at Home, Work and Play (Paperback)

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Reviews

I actually started out reading this pdf. Of course, it really is play, continue to an interesting and amazing literature. I realized this pdf from my i and dad encouraged this pdf to discover. (Maddison Becker)

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HAPPY RELATIONSHIPS AT HOME, WORK AND PLAY (PAPERBACK)



McGraw-Hill Education - Europe, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Why do some relationships give us great joy and others become toxic? What role do we play in our relationships? Are our relationship skills weakening in the age of social media? From the moment we are born we rely on others for our survival. But as we get older, we can sometimes find relationships upsetting and frustrating. In this insightful, warmly written book, psychotherapist and Psychologies agony aunt Lucy Beresford cuts to the chase of how to have harmonious, fulfilling relationships. Whether it s with our partner, our kids, our boss or our mother-in-law, or perhaps most importantly ourselves, all our relationships require - at some stage in our lives - a little bit of tender loving care. A helpful toolkit in dealing with everyday dilemmas, Happy Relationships at Home, Work Play will boost your confidence, encourage insight and empower you to be the best you can be in all your relationships. Brilliant . Lucy Beresford offers easy-to-understand advice on how we can all improve and enjoy better relationships, whether with friends, family, work colleagues or our partners. Jo Hemmings, celebrity and behavioural psychologist, Psychologist on ITV s Daybreak and Sex Therapist on ITV s This Morning. THE handbook for the 21st Century mortal. Eminently readable . it is a book that will end up on everybody s shelf. Jeni Barnett, TV Radio Presenter. Lucy Beresford understands the complexities of human relationships better than anyone and explains how to fix them with clarity, wisdom and warmth. Clare Longrigg, Editor, Psychologies. As an agony aunt I receive many letters from readers who want support in their various relationships; I now know which book they should read! Susan Quilliam, agony aunt, relationship coach and co-author of...

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