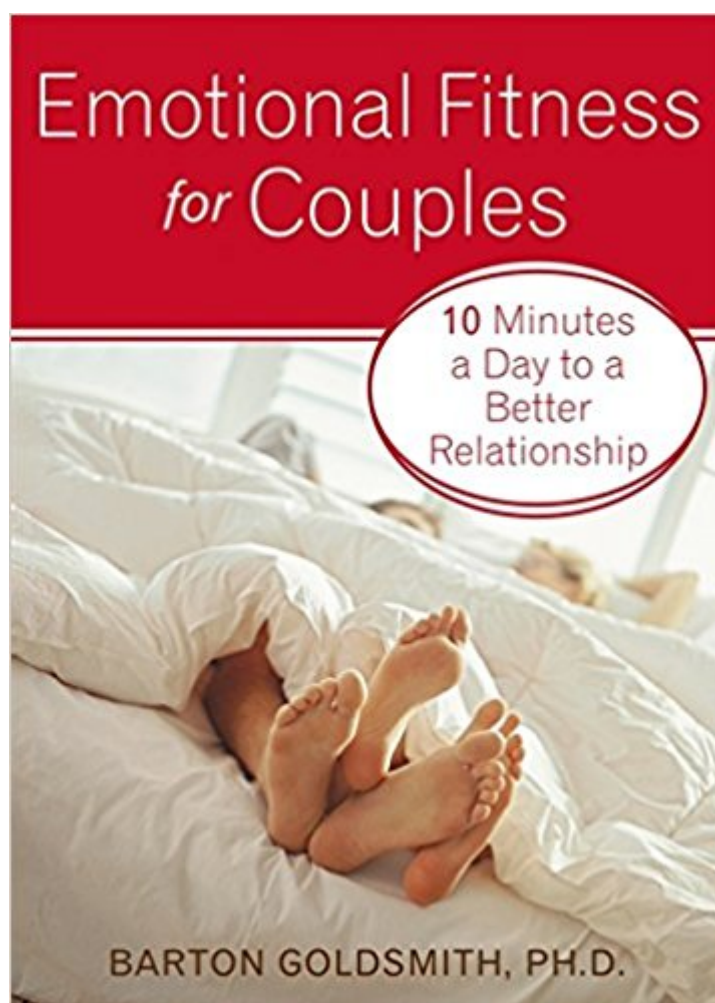


The book was found

# Emotional Fitness For Couples: 10 Minutes A Day To A Better Relationship



## Synopsis

The 10-Minute Relationship WorkoutPeak athletic performance requires regular exercise, and a great relationship depends on regular emotional practice to stay in top form. Don't wait for a crisis to make you scramble to save your relationship. Start building emotional fitness today! Emotional Fitness for Couples is a collection of simple tips that will energize you and hone your relationship skills to championship levels-in just ten minutes a day. Topics include: what the word 'love' really means; how to start fires in your sex life; how to date your mate; tricks for stopping an argument before it starts; and many other fun and practical ideas for getting emotionally fit.

## Book Information

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Average Customer Review: 4.3 out of 5 stars 46 customer reviews

Best Sellers Rank: #297,982 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #1412 in [Books > Parenting & Relationships > Marriage & Adult Relationships](#) #1490 in [Books > Self-Help > Relationships > Love & Romance](#)

## Customer Reviews

Barton Goldsmith has provided couples with a step-by-step guide to a healthy relationship. All couples, reading the short chapters and doing the explicit and powerful exercises, save, deepen and transform their relationship. I recommend it for all couples. [Harville Hendrix, Ph.D.](#), author of *Getting the Love You Want: A Guide for Couples* and coauthor of *Receiving Love* | I found this book to contain a great deal of wisdom, which is made easily accessible to the reader. I have experienced fifty wonderful years of married life and so know the practical steps to emotional fitness for couples shared here are of great value. [Bernie Siegel, MD](#), author of *Prescriptions for Living* and *365 Prescriptions for the Soul* | This book has some very good ideas on how couples can stop their anger at each other and live more successfully together. [Albert Ellis, Ph.D.](#), noted psychologist and author of *A Guide to Rational Living* | Bull's-eye! Like a Zen

archer, Barton Goldsmith releases an arrow into the very center of intimacy. And like a Zen monk he writes with a disarming charm and graceful elegance, creating a book that is fun, funny, yet penetratingly wise. My advice is simple - Read it.

•Shawn Christopher Shea, MD, author of Happiness Is and Psychiatric Interviewing: the Art of Understanding Goldsmith is the BEST natural born therapist I have ever met. I thoroughly enjoy working with him.

•David Viscott, MD, TV and radio talk show host and author of The Making of a Psychiatrist Goldsmith's articles and books on relationships are right on the mark.

•Edward M. Hallowell, MD, author of Driven from Distraction, Dare to Forgive, and Delivered from Distraction I can HONESTLY say that Goldsmith's book is outstanding-a really terrific combination of good bedside manner, useful and practical information, and common sense.

•Anne Sheffield, award winning author of Depression Fallout and How You Can Survive When They're Depressed At last a book that not only guides the reader when it comes to successful relationships but shows us the value of emotional fitness: communication, nurturance and constancy, in partnering. By subscribing to Goldsmith's theory and practice, couples will end up with a more satisfying connection and a better sense of each other's needs, as well as their own.

•Susan Shapiro Barash, author of The New Wife: The Evolving Role of the American Wife Love is all you need-but, you also need a well-written, easy-to-follow roadmap to the heartland. Renown relationship guru Barton Goldsmith has provided this map in Emotional Fitness. It is your guidebook to revitalizing your relationship.

•Jeffrey K. Zeig, Ph.D., director of the Milton Erickson Foundation and organizer of the Evolution of Psychotherapy Conference In Emotional Fitness for Couples, Goldsmith helps couples become proactive in their relationships by using easy to follow exercises and practical advice that allows them to enhance their interactions and their love.

•Gerald G. Jampolsky, MD, author of Love Is Letting Go of Fear

A nationally recognized expert and radio personality offers a unique ten-minute-a-day program for helping couples "exercise and tone" their emotional skills, resolve problems, increase intimacy, have better sex, and cope honestly with anger and hurt.

This is written like relationships for dummies in a very traditionally gendered, heteronormative way.

This book literally changed our lives, our relationship, and even our openness. Would recommend this book time and time again. It was a blessing through hard times.

It was mostly about fixing bad relationships and arguing fairly.

Using this in addition to my own experience for our Ignite your Life workshops and it's good to see all our actions the last 20 years pretty much match suggestions in this book

In this deceptively short and user-friendly book, Dr. Goldsmith has managed to speak to core issues of most relationships. As a couple therapist myself, I enjoyed his commonsense and "You can do this!" approach. His exercises and examples ring very true, and simplify the process of turning complaints into requests. This is a book that will encourage anyone struggling with fears of rejection or intimacy. He teaches the reader that being a grown-up in a primary relationship can be playful, while also addressing how to bring up the difficult topics.

An easy book to practice relationship improvement with practical skills for immediate improvement.

Very easy read. got through the whole book in about an hour. Very useful little tips on keeping the marriage alive!

read this and you may have some deep answers and resolutuion. or you just may read this and want to puke. either way, read it if you're struggling and find out for yourself.

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