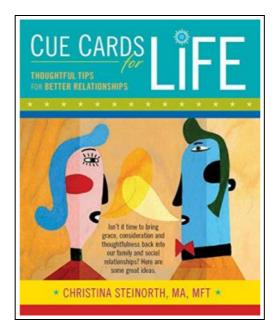
Cue Cards for Life Thoughtful Tips for Better Relationships



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Reviews

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(Justus Hodkiewicz Sr.)

CUE CARDS FOR LIFE THOUGHTFUL TIPS FOR BETTER RELATIONSHIPS



Hunter House. Paperback. Condition: New. 168 pages. Dimensions: 6.7in. x 5.5in. x 0.6in.With almost 7 billion people on the planet, were bound to run into communication problems sometime. And though we know healthy relationships and a sense of community are essential for a healthy, happy, and successful life, some of us are not equipped or quite prepared to deal with the situations and the life transitions we sometimes face. Cue Cards for Life is a handy, intuitive how to guide that can be easily applied in real life situations. In her private practice as a psychotherapist, Christina Steinorth noticed that many of her patients came in with the same communication problems. Couples would neglect their love relationships, parents would talk at their teens instead of talking to them, and adults found few guidelines for interacting well with their aging parents. In fact, most people seemed to put more thought into deciding what to have for dinner than they did in choosing what they said and how they behaved in important situations. As a result, something seemed to go wrong -- but they were unsure of exactly what. Steinorth made Cue Cards for her patients to help them with these recurring problems. Cue Cards are deceptively simple reminders and remedies that anyone can use to immediately improve just about any relationship. Each card is accompanied by a clear and encouraging explanation of the psychological principles that make the cue card work. These straightforward tips are so practical and down-to-earth that anyone can use them to communicate effectively with others, minimize conflict, and handle life transitions with greater ease. The book starts with an overview of communication basics, such as the importance of listening and eye contact, boundaries and personal space, and nonverbal communication (body language). Steinorth then offers prompts that highlight...

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