



The Don't Sweat Guide for Couples: Ways to Be More Intimate, Loving and Stress-Free in Your Relationship (Don't Sweat Guides)

By Richard Carlson



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The Don't Sweat Guide for Couples shows men and women how to make their intimate relationships more joyful and stress-free while maintaining their loving connection. Addressing such concerns as:

- Remember the One You Fell For
- Forget to Keep Score
- Aim for the Extraordinary
- Be the Bright Spot in Your Partner's Day
- Appreciate the Benefit of a Doubt
- Cherish the Child in Your Partner

and many more, this book provides easy-to-do, yet profoundly life-changing strategies that will teach couples how to be less reactive, how to communicate more effectively, and how to have a more peaceful and carefree relationship.

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Editorial Review

About the Author

Richard Carlson, Ph.D., was the author of the bestselling *Don't Sweat the Small Stuff* series. He passed away in 2006. **Kristine Carlson** has a gift for creating lifelong relationships and is very dedicated to her family, friendships, and personal growth. She loves riding horses, running, and solitude. Richard and Kristine were married for over 21 years. She lives in Northern California.

Users Review

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