



Learning To Love: From Conflict To Lasting Harmony

Don Rosenthal, Martha Rosenthal

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Relationship coaching from many sources suggest that we should strive to let go of blame, judgement and fear. But how? Don and Martha Rosenthal invite readers inside their own relationship to learn the specific techniques that have worked for them, and the thousands of couples whom they have counseled over the years. Their work resembles a sort of "relational yoga" for couples, which if diligently practiced to mastery, can produce a true depth of intimacy and freedom that most of us have always longed for. At the center of their teachings is a specific format for communicating they call "Open Hearted Listening" which, while similar to techniques described elsewhere, adds a vital new element that makes it possible to feel truly heard, "gotten" and understood at last. It is simple, but not easy. Many Don and Martha Graduates enthusiastically report that this single practice can save troubled relationships, greatly enrich thriving ones, and by itself makes the book, or seminar, worth the price. It is equally valuable for those who are not currently in a relationship. This book not only describes with great insight exactly what goes wrong in most intimate relationships, but gives real hope for meaningful change. Don and Martha lead frequent workshops that teach the art of relationship as "spiritual practice" where they demonstrate these techniques using current content from their own forty year partnership in a way that is revealing and truly inspiring. Further information about retreats at their home in rural Vermont and at other locations in the US and abroad can be found on their website: www.awakeningtogether.com .

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