



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

*Richard Carlson*

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

*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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