

**DON'T  
SWEAT  
PRESS**

# **THE DON'T SWEAT GUIDE FOR COUPLES**

**100 Ways to be More Intimate,  
Loving and Stress-Free in Your Relationship**

**By the editors of Don't Sweat Press. Foreword by**

**RICHARD CARLSON, Ph.D**

*Author of the bestselling*

***Don't Sweat the Small Stuff***

## **The Don't Sweat Guide for Couples by Richard Carlson**

Richard Carlson

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The do not Sweat advisor for indicates women and men easy methods to make their intimate relationships extra pleased and relaxing whereas conserving their loving connection. Addressing such matters as: —Remember the only You Fell For —Forget to maintain rating —Aim for the intense —Be the intense Spot on your Partner's Day —Appreciate the good thing about a Doubt —Cherish the kid on your accomplice —and many more, this e-book presents easy-to-do, but profoundly life-changing thoughts that may train how one can be much less reactive, the right way to speak extra effectively, and the way to have a extra peaceable and carefree relationship. do not Sweat Guidesare written via the editors of do not Sweat Press. Richard Carlson, Ph.D., is the writer of the bestselling do not Sweat the Small Stuff series, along with do not The Don't Sweat Guide for Couples Sweat the Small Stuff for youths and do not Sweat the Small Stuff for Men. he's a widespread visitor on many nationwide tv and radio programs, and lectures to enthusiastic audiences round the kingdom and internationally.

great ebook to have on a newlywed's shelf. includes a few convenient reminders of ways to make your dating the easiest it could actually be. I particularly cherished the chapters: "Wait for the tip of the sentence," "Live the existence that you simply consistently was hoping to have," "Aim for the extraordinary," and "Be a cheerleader rather than a critic." this can be the type of publication you learn a number of pages at a time. i discovered it tough to concentration while i attempted to learn a number of chapters in a row. I additionally suggestion the tone of the e-book was once too formal and a bit stiff.

## **The Don T Sweat Guide For Couples**

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