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Relationships &  
Communication 7.1

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# Relationships & Communication

7.1 

Title: **Stop Arguing and Start Talking**

Author(s): **Quilliam**

Publisher: **Vermillion**

Year: **1998** ISBN: **0091856698**

Uses ten simple stages to help change old patterns of behaviour, teaching the reader how to discuss problems and how differences of opinion can have a positive effect on relationships.

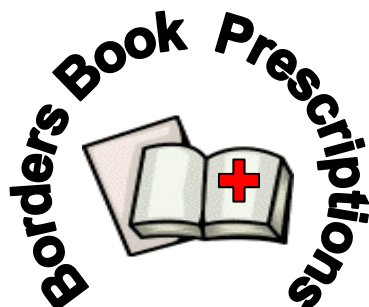
This book talks about:

- Trigger points and how to deal with them
- What is behind a partner's anger
- How to manage an argument
- Why arguments can indicate a healthy relationship
- How a couple can both develop a successful personal action plan

(184 pages)

Readability:  

Cover Price: **£6.99**



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