



Relationships: An Open and Honest Guide to Making Bad Relationships Better and Good Relationships Great

Les Parrott, Leslie Parrott

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Today more than ever, people long for connection. In an age marked by isolation and loneliness, they measure riches in terms of belonging, acceptance, vulnerability, honesty, closeness, and commitment. And what they most want to know is how to make bad relationships better and good relationships great. Drs. Les and Leslie Parrott understand firsthand our deep need for relationships; and as relationship experts, they know what it takes to build strong, lasting bonds. In *Relationships*, the Parrotts take us below the surface to the depths of human interactions -- to the nitty-gritty realities, the ups-and-downs of building vital, satisfying connections. They provide the tools needed to handle tough times and to really succeed at forging strong, rewarding relationships with friends, with the opposite sex, with family, and with God. This cutting-edge book is full of the latest findings and contemporary relationship-building strategies. In a high-tech world, it offers a high-touch solution to a better life. The Parrotts share not just from their knowledge, but from their hearts and lives to help us all understand - who we are and what we bring to our relationships - how our families of origin shape the way we relate to others - tips for building friendships that last - secrets to finding the love we long for and handling sexual issues - how to handle failed friendships and breakups without falling apart - how to relate to God without feeling phony Filled with insightful, true-life stories and thought-provoking questions, *Relationships* is an honest and timely guide to forming the rich relationships that are life's greatest treasure. This book is accompanied by a workbook that contains more than 35 self-tests to help you put what you learn into action. The *Relationships Workbook* will help you internalize cutting-edge strategies, skills, and insights for nurturing healthy relationships.

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