



Your Relationship: A Work in Progress

Lucy Atcheson

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The joy of the best relationships is their changing nature - they surprise us and adapt throughout our lives. However, what happens when we cannot find a way to adapt? Whether your relationship is seriously dysfunctional or simply not quite as good as you'd like it to be, this book is for you. With sound advice and a down-to-earth style, Lucy Atcheson takes you through the ten areas that most influence the type of relationships you have. In just one month, she demonstrates how to dramatically improve the quality of your relationships. Even if you're not in a relationship, Lucy's guide will help you recognise issues that can prevent you finding the perfect partner. This book will help you and your partner to build trust, move past arguments and, most importantly, discover a deeper understanding, using practical, tailored methods. The relationships that define our lives are dynamic, and this book will allow you to overcome together every challenge that comes with that.

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