



## Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In

By Laurie Puhn

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### **Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In** By Laurie Puhn

A Harvard-trained lawyer and mediator shows busy couples how to stop fighting and start communicating.

In *Fight Less, Love More*, readers will learn how to identify the bad verbal habits, instinctive responses, and emotional reasoning that can cloud judgment and ultimately lead to the deterioration of otherwise healthy relationships. With exercises, examples, and sample scripts, Puhn's modern voice presents simple 5-minute strategies create immediate, positive changes and provide long-lasting communication skills that couples can continually employ when faced with conflict.

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### Editorial Review

From Publishers Weekly

As a Harvard-trained family and divorce lawyer and couples mediator, Puhn is extremely well qualified to speak to communication difficulties in relationships. In this book, she outlines tactics to improve communication, avoid unhealthy behaviors, and better appreciate your partner that are simple to implement, remarkably effective, and will benefit couples in relationships troubled and healthy alike. With advice that is nonjudgmental, extremely efficient, and clearly understandable, Puhn covers all aspects of romantic relationships, from problems like infidelity to boundaries giving couples of every stripe something of benefit. Sections, chapters, and goals are clearly delineated and well positioned, with research bubbles (adultery is often a consequence of believing that one's marriage is already in trouble) and quotes from the familiar (Oprah) to the refreshing (Churchill) make for a light, easy read. Eschewing frustrating vagaries, sweeping generalizations, and gender-based assumptions, Puhn's extremely specific guide focuses on simple, rational solutions that primarily revolve around maintaining respect for one's partner. Readers will gain a great deal from her contribution to the genre.

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### Review

“Women and men may be from different planets, but Laurie Puhn's insightful advice will show them how to speak the same language and create a relationship of mutual respect and support. *Fight Less Love More* makes the considerable task of improving your relationship astonishingly simple, and gives couples the tools they need to create their own happiness.” ?John Gray, Ph. D., author of *Men are from Mars, Women are from Venus*

“Laurie Puhn offers a no-frills book about how to have a great relationship. *Fight Less, Love More* contains brilliant and precise advice; the underlying implication being that healthy, loving couples are sane and smart—a sentiment that shines through on every page of clear, sensible information. I would recommend it as required reading for any couple.” ?Harville Hendrix, Ph. D., author of *Getting the Love You Want: A Guide for Couples*

“Most everyone I know would be willing to invest 5 minutes a day to improve their relationship. Laurie Puhn shows us how to use those few minutes to build lasting love. I highly recommend *Fight Less, Love More*.” ?Gary Chapman, author of *The Five Love Languages*

“Perhaps no conflict is more problematic for more people than that between partners and spouses. In this practical handbook, Laurie Puhn offers sound and pithy advice for today's time-pressed couples on how to deal with their differences in a smart and kind manner.” ?William Ury, Ph. D. co-founder Harvard's Program on Negotiation, co-author of *Getting to Yes* and author of *The Power of a Positive No*

“Laurie Puhn hands couples who have lost their way a roadmap back to the relationship they want. Smart, empowering, and insightful, *Fight Less, Love More* offers real-life strategies for ending the cycle of fighting, hurt, and poor communication in which so many couples become entrenched.” ?Rachel Greenwald, author of *Find a Husband After 35* and *Have Him at Hello*

“No matter how much two people love each other in the beginning, at some point most couples end up in the same fight over and over--and inadvertently stepping on land mines that restart it all once again. Laurie's new book explains how to step beyond habitual patterns and reconnect with the person you fell in love with.”  
?Susan Piver, author of *The Wisdom of a Broken Heart* and *The Hard Questions*

“Ever been in one of those here-we-go-again arguments with your mate, wishing someone could step in to help you sort things out once and for all? That's where Laurie Puhn comes in. Written with humor and directness, her book will help you create the loving communication that you long for. Read it now before you're tempted to say, 'honey, can we talk?’” ?Scott Haltzman, M.D., author of *The Secrets of Happily Married Men*

“With advice that is nonjudgmental, extremely efficient, and clearly understandable, Puhn covers all aspects of romantic relationships, from problems like infidelity to boundaries giving couples of every strip something of benefit. Readers will gain a great deal from her contribution to the genre.” ?*Publishers Weekly*

#### About the Author

LAURIE PUHN, JD, is a Harvard-educated family lawyer and couples mediator with a private practice in Manhattan. She has made numerous national television and radio appearances, including the *Today* show, *20/20*, Fox News, CNN, and NPR, and her advice has appeared in such magazines as *Good Housekeeping*, *Redbook*, *Real Simple*, *Women's Health*, and the *New York Times*. She also conducts empowering relationship communication seminars and workshops nationwide.

## Users Review

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#### Mary Redus:

The book *Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In* can give more knowledge and information about everything you want. So why must we leave a very important thing like a book *Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In*? Several of you have a different opinion about book. But one aim this book can give many details for us. It is absolutely suitable. Right now, try to closer with your book. Knowledge or facts that you take for that, you may give for each other; you could share all of these. Book *Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In* has simple shape however you know: it has great and massive function for you. You can seem the enormous world by start and read a guide. So it is very wonderful.

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the e-book and printed kinds. Beside that this Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In forcing you to have an enormous of experience like rich vocabulary, giving you trial of critical thinking that we all know it useful in your day task. So , let's have it and revel in reading.

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People live in this new moment of lifestyle always try and must have the time or they will get lot of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read will be Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In.

**Margaret Babin:**

Reading can called head hangout, why? Because if you find yourself reading a book mainly book entitled Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In your mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging each word written in a reserve then become one type conclusion and explanation that maybe you never get before. The Fight Less, Love More: 5-Minute Conversations to Change Your Relationship without Blowing Up or Giving In giving you another experience more than blown away your head but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern the following is your body and mind will probably be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

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