



# **Making The Best Of A Dysfunctional Relationship: Mending The Bond- Creating A Healthy Relationship**

*Sarah Shaw*

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Dysfunctional relationships occur all the time and it does take a bit of work to get things back on track. "Making The Best Of A Dysfunctional Relationship" is a book that can help people that are seeking a viable solution to their relationship woes and to find the most amicable solution to their problems. The author starts out by defining what a dysfunctional relationship is before going into the various solutions that can be used to fix the problem. Of course the situations that cannot be fixed are also highlighted. Having a healthy relationship is extremely difficult and takes a lot of commitment on the part of both persons. It also takes a lot of understanding and compromise. Lack of this, among other things can lead to a dysfunction in the relationship. By bearing these things in mind and having an open mind to receive constructive criticism, the relationship can be a healthy and long lasting one. About the Author: Sarah M. Shaw knows what it takes to have a healthy relationship as she grew up in a household where her she saw her parents working hard to maintain their relationship. The great thing is that they did not allow their problems to affect any of their children negatively. If they were caught arguing, they would sit the children down and explained that persons would disagree from time to time but that the skill was getting things sorted out in an amicable fashion. She carried this into her adult life and found that she had quite a bit of success when she applied the same principles to her own relationships. Some worked better than others and she finally found her true match in her husband Phil, to whom she has been happily married for over ten years. Her ultimate goal is to get everyone to be as happy as she is and so she chose to write a book to help those with dysfunctional relationships to work their problems out.

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