



Power Snuggles: Your Path to Vibrant and Lasting Love

Jon and Beverly Meyerson

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All relationships have a moment where communication goes out the window and a struggle for power overtakes common sense. ***Power Snuggles: Your Path to Vibrant and Lasting Love*** is the perfect guide to achieve peace and understanding in any relationship. Penned by therapists Jon and Beverly Meyerson, who counsel together as a married team, this self-help guide will teach couples to turn their power struggles into power snuggles.

The Meyersons have included more than seventy-five scenarios that are presented in engaging, quick story formats. They then analyze and resolve the challenges presented in each scenario to help readers approach their own unique situation. The perspectives of both Jon and Beverly shine through in this book, so neither side is left unheard. Some of the issues covered are “the blame game,” feeling unappreciated, active listening, melting stress, taking steps for greater love, keeping things new and exciting, and getting to the deeper issues behind squabbles. By using the tips and techniques presented here, couples will achieve conversations they never thought possible while simultaneously creating a comfortable atmosphere for change in their relationship.

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