



Happy Relationships At Home, Work & Play

By Lucy Beresford

Fingerprint! Publishing, New Delhi, 2015. Soft cover. Book Condition: New. 25 cms. 263pp. Why do some relationships give us great joy and others become toxic? What role do we play in our relationships? Are our relationship skills weakening in the age of social media? From the moment we are born we rely on others for our survival. But as we get older, we can sometimes find relationships upsetting and frustrating. In this insightful, warmly written book, psychotherapist Lucy Beresford cuts to the chase of how to have harmonious, fulfilling relationships. Whether its with our partner, our kids, our boss, or our mother-in-law, or perhaps most importantly ourselves, all our relationships require - at some stage in our lives - a little bit of tender loving care. A helpful toolkit in dealing with everyday dilemmas, Happy Relationships at Home, Work & Play will boost your confidence, encourage insight, and empower you to be the best you can be in all your relationships.



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