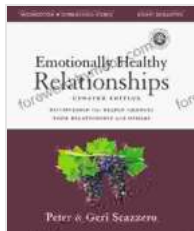


Unleash the Power of Connection: Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video



Emotionally Healthy Relationships Updated Edition Workbook plus Streaming Video: Discipleship that Deeply Changes Your Relationship with Others

by Peter Scazzero

★★★★☆ 4.7 out of 5

Language : English
File size : 4966 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 184 pages
Screen Reader : Supported



Discover the Transformative Power of Deeply Connected Relationships

Are you yearning for relationships that are deeply fulfilling, based on mutual respect, understanding, and vulnerability? If so, then *Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video* is the essential guide you've been searching for.

This comprehensive resource provides you with the tools and insights you need to:

- Break free from unhealthy relationship patterns

- Build lasting, fulfilling relationships with partners, family members, and friends
- Improve communication and resolve conflicts effectively
- Cultivate emotional intelligence and self-awareness

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Emotionally Healthy Relationships Updated Edition Workbook Plus Streaming Video is based on the groundbreaking work of renowned relationship experts Drs. Peter Scazzero and Emotionally Healthy Spirituality. This updated edition features a wealth of new material, including:

- A completely revised workbook with exercises and reflection questions
- Over 3 hours of streaming video content led by Drs. Scazzero
- Access to an online community for support and encouragement

Through the workbook and streaming videos, you'll learn:

- The five key principles of emotionally healthy relationships
- How to identify and break unhealthy relationship patterns
- Effective communication techniques for expressing your needs and listening to others
- Conflict resolution strategies that preserve connection and build trust
- The importance of self-awareness and emotional intelligence

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EIGHT SESSIONS



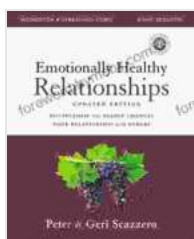
Emotionally Healthy Relationships

UPDATED EDITION

DISCIPLESHIP *that* DEEPLY CHANGES
YOUR RELATIONSHIP *with* OTHERS



Peter & Geri Scazzero



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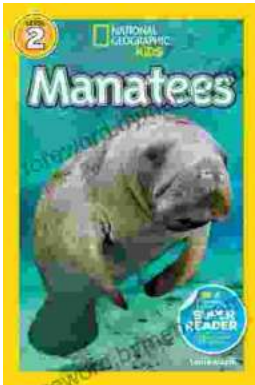
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