



Not So Great Expectations: A Relationship Exercise For All Couples In Love

Richard Fruncillo MD PhD

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Humans are emotional beings. Because of this, we search out interaction and connection with one another in an effort to develop deeper, more committed relationships. And there is one incontrovertible fact regarding these types of relationships: they require work. Too often, we commit to them with the best of intentions but the worst of preparation. We carry with us expectations based on our own viewpoint, and when confronted with a differing view, our unfulfilled expectations of our partner's behavior can cause major problems. The key, then, is to prepare. But how? Based on a lifetime of observation, trial and error, and self-growth, author Richard Fruncillo, MD, PhD, has created the ultimate interactive, self-help guide for all new or blossoming couples looking to forge a mutual bond of respect. By building communication bridges and methods of understanding, Dr. Fruncillo helps expose opinions, beliefs, and viewpoints in a positive, supportive light. Consisting of two identical sections, the book provides exercises that ask important life questions on a variety of topics in order to ensure long-term compatibility and a positive, mutually fulfilling relationship, such as: past relationships, money, employment, relatives, religion, house/home life, shopping, addictions, intimacy, and politics. In the end, it's not about winning the argument over the questions asked, or fighting over why you differ from your partner over the issues. It's about creating win-win results so that you both come away feeling good about the compromise you come to together, about each other, and about your relationship. A treasure trove of issue, belief, and viewpoint questions that exposes inner truths in a compassionate and healing manner while providing plenty of room for intimacy-building discussion, *Not So Great Expectations: A Relationship Exercise for All Couples in Love* may change your relationship—and your life—into the best, most fulfilling emotional journey it can be!

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