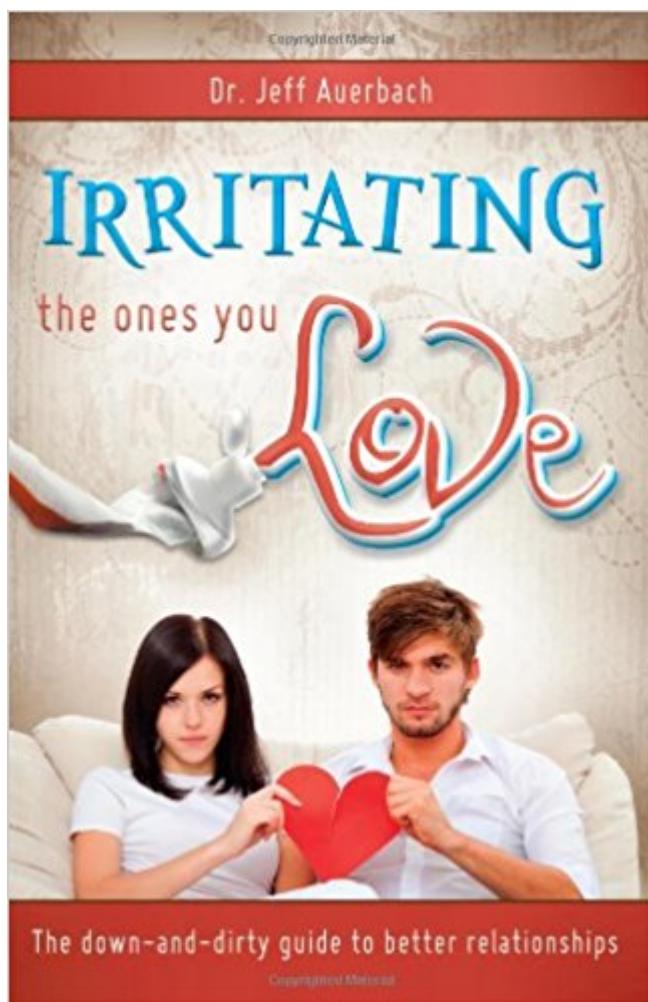


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Irritating The Ones You Love: The Down And Dirty Guide To Better Relationships



Synopsis

Whether it's a sister who chews her food too loudly or a spouse who won't open up about his feelings, we all have those little irritations that threaten to damage our important relationships. Learn how to uncover the hidden attractions that keep drawing you toward conflict, tame your pet peeves, and avoid repeating past mistakes. This book will strengthen your relationships by helping you identify sources of irritation and build on the principles necessary to overcome their influence.

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Customer Reviews

This book explains so much about why you choose the mate you do. Made total sense to me (and my book club too) It is an understandable and quick read that borrows from Friend. Why do you, a perfectionist, marry a complete slob? This book gives a pretty compelling answer to this type of question. Does your wife remind you so much of your mother and does she irritate you in the exact same way? The book discusses this type of thing too. And it says that there are no perfect marriages....there are great marriages with problems, pretty good with problems and bad with problems. This book helps you cope with those problems that we all have. Check it out! --An excellent book for everyone to understand themselves and other people they are relating to. Too bad people do not read this sort of information before getting into relationships. It will help anyone to make a better selection on choosing a partner and help couples understand why they irritate each other/choose the people they choose and hopefully find peace and happiness in their relationships. --It promotes self understanding and one could realize the difficulties in a relationship may not always be the other person. Parenting is difficult, not a perfect science and therefore all of us could

use some minor tune ups. It helped me to understand why I react the way I do and why certain things annoy me. --

Dr. Jeff Auerbach is a clinical psychologist, organizational consultant, and relationship specialist. He is currently in private practice in Pennsylvania.

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My counselor recommended this book to me. I found it helpful in shifting my way of looking at my choices in relationships. I thought I would shift myself and be able to choose better from that place. I didn't realize the hidden agenda of my unconscious patterns. Now I have a better understanding of the connection to my choices and can be a better witness in the future.

It was ok - not as in-depth or well-documented as I would have liked. I get that he has expertise based on years of experience, but some of his recommendations just didn't resonate with me as well as I would have liked. I confess I am a professor and may be too tough.

An excellent book for everyone to understand themselves and other people they are relating to. Too bad people do not read this sort of information before getting into relationships. It will help anyone to make a better selection on choosing a partner and help couples understand why they irritate each other/choose the people they choose and hopefully find peace and happiness in their relationships. I would also recommend "The Mastery of Love, by Don Miguel Ruiz

Mediocre. Was recommended by a counselor for my ex and I. While I actually read it, and got some great things out of it, it may be more useful if both people read!

great

Very insightful and well written book. The only odd thing is the title. I was recommended this book by a friend and really didn't want to read it once I saw the cover - the title and the silly image don't do justice to the important content of the book. Highly recommended to couples and singles alike.

It promotes self understanding and one could realize the difficulties in a relationship may not always be the other person. Parenting is difficult, not a perfect science and therefore all of us could use some minor tune ups. It helped me to understand why I react the way I do and why certain things annoy me.

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