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Let's Stick Together: The Relationship Book For New Parents

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Synopsis

Are you a new parent, or about to become one? Learn three simple habits that will keep love alive and protect your relationship against the pressures that parenting brings. In the excitement and exhaustion of becoming parents, the first thing that can get overlooked is your relationship. You might spend less time together, argue over little things, drift apartâ | In the UK, one in five children see their parents separate before the end of their first year at school. One in two children experience family breakdown before they finish school. But it doesnâ ™t have to be like this. Most family breakdown is avoidable. In Letâ ™s Stick Together, relationship educator and father of six Harry Benson guides you through three simple habits that research shows make or break new mums and dads. Illustrated with real-life examples from Harryâ ™s own back-from-the-brink marriage and those of other couples, Letâ ™s Stick Together highlights simple principles that will make your relationship the best it can be and ensure you donâ ™t become just another statistic.

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Customer Reviews

More often than not, when I notice a friend who has changed physically due to a healthier lifestyle, I might comment by saying, "You look great...so healthy, and alive!" And, more often than not they

might reply in this way: "Well, there is really no secret. I've just been eating healthy meals and exercising. It took a while, but being consistent really did the trick."We hear similar responses when it comes to an injured person recovering through physical therapy, a person who has taken up a new interest such as a sport and begins increasing their skill level due to practice, someone learning a new hobby, etc.These same basic, sound principles apply throughout each chapter in, "Let's Stick Together: The Relationship Book for New Parents" by Harry Benson.I like this book for many reasons: 1) It is a quick read in a time when people have few extra moments to spare; 2) The outline is clear and formulaic: Here is what NOT to do, here is what TO do, here are special circumstances related to your new parenting status, and here is how to "make meaning" for your marriage and family; and, 3) The book is written in a personal style. Because the author "owns" the message, it is a bit easier for the reader to own it as well.Benson has taken some of the more tried and true outcome based principals from long-term marriage education curricula and adapted them for his audience...young couples, either married or in committed relationships, who are expecting or have recently had a new baby.In a conversation with him, Benson jokingly stated that he was a "master at taking the complicated and boiling it down to very brief points.

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